





BOOK OF INITIATION

AND

GENERAL MEMBERSHIP

IN THE GREAT

RALSTON HEALTH CLUB

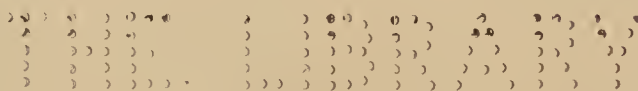
OF AMERICA



(85) EIGHTY-FIFTH (85) EDITION (85)



“Nor love, nor honor, wealth nor power,
Can give the heart a cheerful hour
When health is lost. Be timely wise,
With health all taste of pleasure flies.”



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OUR FIRST WORDS



1. A great man has said: "Give me the truth at any cost, and give it to me at once. Brevity is the priceless jewel of modern literature."

2. This edition of the General Membership Book, while larger than others; contains many more facts, even in proportion to its size; for all the verbiage, long drawn out description, speculative discussion and extended matter will be found condensed into CRISP FACTS, PLAIN FACTS, VALUABLE FACTS.

3. A busy man said: "Your Book of General Membership is too long. Busy folks have not time to read so much. Condense it, so that its truths may be read and studied the more quickly, and you will do the world a good turn. Get skillful men of the best scientific education to boil it down, and it will then be worth five dollars a copy."

4. While we have presented the facts in the most compact form, we have added many others that seemed necessary in order to keep up with the times.



THIS BOOK DOES NOT MAKE YOU A MEMBER until you choose to be initiated in the manner stated in the fourth chapter.



THE FLEXIBLE BINDING is preferred to the stiff covers. It is durable and far more beautiful, and permits the book to be rolled and conveniently carried under all circumstances for ready reference and reading.

THE PRICE OF THIS BOOK



AT RETAIL	\$1.50
AT WHOLESALE (and to members)	1.10

Including all the rights, privileges and incidents of Membership, as well as all Reports, Greetings, Annuals and Instructions that may be issued from time to time.

THERE IS NO OTHER EXPENSE NOW OR AT ANY TIME



OBJECTS OF THE RALSTON HEALTH CLUB



1. We would teach the importance of taking care of the health while it yet remains.

2. We would restore to health all who are sick.

3. We would not discard physicians; but would seek aid from the Natural Laws of life, and thus help the honest doctor in his efforts to cure disease.

4. We would teach the plain causes of ill health in such a way that men, women and children will **know** and **avoid** the consequences of every injudicious act.

5. We would come into the lives of all who are diseased, and show them the way to health, wherever it is within the range of human possibility to grant this blessing.

6. We would acquaint them with the inevitable laws of life, the tendencies of disease and the possibilities of cure.

7. We would warn them against using patent medicines, or taking into the system any drugs, except when prescribed by a local physician of well-established reputation.

8. We would teach the great fact that Nature tends to heal all disease as soon as the irritating CAUSE is removed.

9. We would aid them to form an alliance with Nature, which furnishes the impulses of life, and is therefore the source of health and recovery.

10. We would teach them the greatest of laws, that the faculties are best preserved by their continuous use; and, with perfected health and strengthened faculties, they should reach the highest plane of earthly achievement.

11. We would spread the doctrines of good health, cleanly lives, purity of heart, and progressive existence; encourage Ralstonites to build homes on these principles, and thus protect the public from the misfortunes of disease and decadence.

“THIS IS AN AGE OF RALSTONISM”



RALSTONISM is the grandest movement that man is capable of establishing.—**Guernsey.**

ANATOMY, that sacred genesis which shows us the masterpiece of the Creator, and which teaches us how little and how great man is, ought to form the constant study of mankind. But we ought not to consider the organs of the body as the lifeless forms of a mechanical mass, but as the living, active instruments of the soul.—**Ling.**

LIFE is the happiest gift of God; and the human body is the best of Nature's handiwork. It is perfect in design and wonderful in construction. Carelessness, aided by ignorance, is responsible for all its diseases and all its defects. A regulated system of health would astound mankind with results both marvelous and enjoyable.—**Hale.**

STAR of hope and circle of perfection! Twin symbol of ideal Nature's grand estate! If ever the purposes of God are realized in the life of man, it must be through some such plan as that for which Ralstonism so earnestly pleads.—**Abbott.**

THE efforts of the physician must be seconded by the patient, and this concurrence must not be faint and faltering, but **determined** and **earnest**. If his energies, or what remains of them, can thus be enlisted in his own behalf, the victory is already half gained.—**Taylor.**

OVER the firmament of modern science the Star of Ralstonism has ascended to its zenith. It is the guiding star that never sets in the life of that human being who believes that the care of health is a duty; that the dictates of common sense should be observed in eating; that cheerfulness is a virtue; and that true home life is the basis of a nation's grandeur.

NATURAL laws, which are the angels of the Most High, and obey his mandates, are rolling on the time when the “child shall die a hundred years old” (Isaiah lxxv:20), when sickness shall fade from the world and with it the sins of the soul. Then men shall stand up with no sickness in the body, and no taint of sin in the soul. My hope for the human race is bright as the morning star, for a glory is coming to man such as the most inspired tongues of prophets and of poets have never been able to describe.—**Emerson.**

ECHOES OF THE PAST



From an Address at the First Meeting

July 4, 1876

Everywhere in life we behold evidences of this purpose of Nature to maintain perfect health in the human body, and we see this purpose constantly thwarted by the indifference of men and women who place no value on health until they have lost it. To be careful costs nothing; to be sensible is inexpensive; but to be indifferent when well costs years of suffering and money enough to buy a home. Poverty and disease never come unless invited.



From Preface to the First (Manuscript) Edition

March 4, 1881

Since our little society has increased, so that it is not possible to meet one another in anything like a regular way, we are compelled by the unanimous voice of our friends to do something toward preserving the principles heretofore laid down in open meeting. The Ralston doctrines are really founded upon two ideas: First that there is a natural **cause** for every disease; second, that there is a natural **cure** for the same. Among our members is a man who admits, and whose physician admits, that he would now be in his grave but for Ralstonism; also a mother whose life was spared to her family after her doctors had declared that there was no hope; also a girl (whose sister's grave is an unnecessary one) who came to a knowledge of Ralstonism in time to save her own life; and others who are indebted to these unfailing principles of Mother Nature for the blessings of health that could not otherwise be enjoyed. These are our only reasons for seeking to preserve in written form, for the use of other generations, the noblest things of human experience.



From Preface to the Second Edition

There are valuable opportunities awaiting us on every hand for the improvement, not only of health, but of mind and all our circumstances in life, if we but had our attention called to them, and knew how to appropriate them to our own use. But they are lost. Our bodies undergo a constant wear and tear which, in a much shorter time than Nature intends, superannuates them. We commence to wear out as soon as we are born.

Beginning of
THE SOCIAL DIVISION
OF THE
Ralston Health Club

CHAPTER ONE



Early History of Ralstonism

✧ MEN OF WEALTH AND EDUCATION ✧
✧ SEARCHING ONLY FOR THE TRUTH ✧
✧ FOUND THESE FACTS IN NATURE'S BOUND- ✧
✧ LESS VAULT ✧ ✧ ✧ ✧ ✧ ✧

THIS IS PROBABLY the last edition of the General Membership Book of the Ralston Health Club, owing to the fact that a permanent and unchanging work is necessary, and a greater obligation rests upon us to make it complete in all matters. Previous editions have referred to the fragmentary history of the rise of Ralstonism; stating only the leading details. Curiosity has asked for more; and, as far as any information is within our reach, we shall be glad to present it in full. We then wish our readers and members to draw their own conclusions as to the source, the meaning, and the ultimate goal of this movement.

The very dawn of this idea was in an apparently accidental, but supremely sincere prayer of an old man. One among many cherished papers in a handwriting that was dim with age contained the following paragraph, corrected to suit the spelling of to-day: "Thursday, January the first, in the year 1801. Sickness and death prevail by lack of care. Good lives perish by wrong; for to be ignorant and careless is wrong. I was near the grave at the age of 41. There was no help. My poor body was a wreck. It was pitiable to look upon. I got no good from physick. Though death

would be a relief from endless misery, I prayed for life. It rested with me. I began to inquire what food and what habits I must adopt. I tried hard all the time, for weeks and months, till my weak blood was improved. At this day, the first of a new century, I am in perfect health, so far as I know. I breathe one prayer for all mankind. May they study themselves to get health! for everthing fails without this blessing." The document was in faded ink, but a copy was handed down from father to son, and the ideas bore fruit where least expected.

The next step was taken in 1866, when a family of five boys and five girls, then motherless, were marching in solemn procession to the grave. Weak constitutions, sensitive to every form of debility, were unable to withstand the assault of his dark majesty, Death. Four of the girls and one brother had passed on. The remaining four brothers, now men, looked upon the one remaining sister and seemed to ask each the question: Is there no skill, no art, no magic that can save the life of this loved girl? Must the family melt away helplessly? Whatever they said in fact, they **acted**. Doctors had accomplished nothing. Medicines had failed. The four brothers saw themselves racked and pinched with disease; yet with iron courage they started in to make a great battle for existence.

Out from a mass of papers, yellow with age, a collegian extracted the document referred to in the preceding account; and by mere chance it came, through the hands of a friend, to the brothers, who were impressed with its simplicity and earnestness. They copied it. There was something in its language that, despite a plain and straightforward sincerity, seemed to abide with them as a power breathing from the past age. They read it again and again. The words had a fascination they could not describe, nor shake off. These brothers ascertained for themselves the needed habits of living, and found them to be free from all difficulty. They had become convinced that medicines ruin the blood; and a little

reasoning told them that natural laws alone could give perfect health. The five physical wrecks became new beings, strong in body and vigorous in vitality.

The first two links had been forged in the chain of Ralstonism, yet it had not been recognized as such. Time was necessary. If these preparatory steps were not the inspiring cause of what followed, they would be of no concern to us. They were directly responsible for the results without being really associated with them. They served to arouse an interest in others who were keen enough to see the power they represented; and, having done this, they had accomplished more than the mere saving of the lives that were directly involved.

Now comes one energetic man and undertakes to forge the chain itself. He had the material thus far at hand, and he caught the impulsive spirit that makes the cause an ever-growing force. He was an educated biologist. He knew the human body as an engineer knows his engine. One day a friend of his, in supposed perfect health, dropped dead of heart failure; and, in the week, two able-bodied men, who would have laughed at the thought of ever being sick, were taken from life by fatal pneumonia. Here were three deaths of men in health; and no one would have predicted their departure for ten or twenty years to come. In the spring that followed, a lady friend was dying of consumption; her demise being hastened by the loss of five nieces in three weeks from diphtheria, and all under the same roof.

Full of wonder at the ease with which death may claim its victim, this man made a tour of investigation for the purpose of learning how many persons in health had been taken prematurely from life. There was the "empty chair" of the husband in one family; of the wife in another; of the father, mother, sister, brother, daughter, son, and loved one, scattered through many houses; and one and all, almost without exception, seemed to say "the death was unnecessary; it might have been prevented."

A physician of large practice said twenty years ago that sixty per cent of the men and eighty-five per cent of the women of this country **know** that they are in ill health; while a large majority of the others are possessed of organic diseases which have not yet become apparent to them. This statement has been confirmed by many other physicians since then. The term **perfect health** is not a true one; for it would be rare indeed to find a man or woman of whom it could be said that no trace of disease was present in the body. The blood is created daily, and is easily made muddy by improper food or drink; thus affecting the head, nerves, stomach and the general condition, causing depression and laying the foundation of disease. Perfect health is buoyant under all circumstances, and attended by such clear evidences of its presence that it can never be mistaken. The real fact is that fully ninety-nine per cent of all people are diseased, although not so many are aware of their condition, and a great majority suffer no inconvenience from the dangers that are quietly working in the dark within their bodies, until the awful climax comes.

The one man who first undertook to stem the increasing tide of indifference and absolute abuse of the health soon found his efforts seconded by three others. These four persons were earnest, sincere untiring scientists. They adopted as their motto: "**No theories, but honest facts.**" They established what they were pleased to call their laboratory. This consisted of a large room, connected with smaller apartments. The equipment could not have been possible to persons without wealth. So valuable was the apparatus, and so important were the processes of many experiments, that no servant was ever admitted. These men took care of the rooms, for fear of accidents through carelessness.

Here every kind of light was analyzed. Here heat in its varying forms came to be known. Here electricity, magnetism and glame were studied. Here air and gases, water, oils,

liquids and the substances of earth were resolved and re-resolved to their elements. Here molecules and atoms drew close attention. Here the human body, its blood and bone, nerve, tissue, muscle and brain, and all the operations of all the functions of myriad and mysterious life were made to pass and repass before the searching eye of the investigators. No man and no body of men have ever reached truths so valuable and important to mankind as those which came to reward the efforts of these early Ralstonites.

The chief basis of value in any science is the actual good that may be accomplished in behalf of humanity. From the immense society of to-day, it is a long and a giant stride back to the dawn of Ralstonism, back even to the first experiment, where the journey began; as it was the germ of the laboratory. This first experiment consisted of taking a drop of blood from a human body before eating, and analyzing it; then taking another drop from the same person after eating, and noting the change in the blood, especially in its nutrition and vital character, as each kind of food was taken. From the first but telling experiment, down through all the years of discovery that followed the field of labor has been fruitful in results, and the world has been made richer thereby.

It is a monument of honor to the early Ralstonites that they freely spread the news of the truths they had discovered; and that all sincere persons were given access to the facts, principles and doctrines, without cost, except the trouble to which they might be put in copying. As no attempt had been made to print any of the doctrines of Ralstonism, they were free to all. Copying, however, was a great trouble; and the services of typewriters were exceedingly expensive; a single book would cost many dollars for each person. Some employed writers for this purpose; and, later on, a number of typewritten copies were made at private expense, one gentleman paying as much as twenty-five dollars for the services of a typewriter, whose time was not as valuable as his own.

CHAPTER TWO



What is the Ralston Health Club?

✧ THE UNION OF MIND AND MATTER ✧
✧ FIGHTING THE BATTLE OF GREAT IDEAS ✧
✧ AND LEADING THE RACE ONWARD TO ITS ✧
✧ GOAL ✧ ✧ ✧ ✧ ✧ ✧ ✧ ✧

RONEST APPRECIATION of the exact nature of this Club should be had at the start, in order that those who wish to call themselves Ralstonites may feel thoroughly at home in so doing. Before strangers purchase a copy of the present book they are very likely to ask a series of questions, which no doubt include all the points suggested in the following inquiries:

1. What is the Ralston Health Club?
2. Why is it called a Club?
3. Is it organized?
4. Who is at the head of it?
5. Who are its officers?
6. Where is its headquarters?
7. Has it income or property?
8. Is it a responsible organization?
9. Has it branches?
10. Are members made known to each other?



We will try to answer every question as clearly as possible.

The Ralston Health Club is the name of a book, the same book that is now open before you. For many, many years the name has been applied to this book and protected by copyright, although the little volume has passed through

scores of editions, taking on new ideas and adding such improvements as the times demanded. The same central idea has never changed, and never will to the end of the earth.

A **Ralstonite** is any person, young or old, who believes in taking care of the health. We have hundreds of thousands of followers who have written to tell us something like this: "I have seen your book, and wish to say that I was a Ralstonite long before I ever heard of your Club." It is a common thing to receive a letter from one who never purchased a book of us, but who wishes to be remembered as a Ralstonite.

"**Ralston**" means the best way of living. It is made up of seven letters: R for regime or regularity; A for activity or the constant use of all the faculties of body, mind and heart in perfect balance with each other; L for light and brightness of life; S for strength or the full development of the body, its organs and faculties; T for temperance or moderation in all things so as to avoid excesses; O for oxygen or a much larger development of the chest and lungs, for a greater use of this element which constitutes nearly ninety per cent of the body and the earth; N for nature or a dependence on the physical source of all existence. A common saying of twenty-seven years ago ran as follows: "Come with me, hand in hand with Nature and with Ralston, and let us drink deep of the fountain of life." It is a partnership with Nature.

The word **HEALTH** means:

1. Freedom from disease for the well.
2. A tendency toward recovery for the sick.
3. A wholesome activity of the functions.
4. A balanced use of all the faculties.
5. Improvement of the body, mind and soul.
6. Progress in life.
7. A clear conscience.

It will thus be seen that the Ralston Health Club includes everything that is wholesome and good in this world.

The word "Club" is used because a central idea runs through Ralstonism that attracts people to it, and holds them together in interest.

The head of the Ralston Health Club is the person who was most active in the organization of the private society more than twenty-seven years ago, and who has devoted his life to the spread of the Ralston doctrines ever since.

The officers are those men and women in every locality who will stand in our places as representatives of the Club. We do not believe in concentration of power or authority in a work of this kind, which consists in educating the people to a new kind of life. Our duty is to teach. Our office is merely nominal. Its only honor is hard work without cessation. But in every city, town, village, and township, the real officers of the Ralston Health Club should be found, for there they will be in touch with the people, and there they can best represent us. To them should come all the honor and all the substantial recompense as officers of the organization.

The headquarters of the Ralston Health Club will be found in the city and country, as evidence of the sincerity of its teachings; for city life is refining and educating, while country life is far more healthful and inspiring. The United States of America is the national home of Ralstonism; although its membership extends around the globe and is found in every country on earth.

There are two Ralston Capitals. One is in the most beautiful city in the world, the other is in one of the most beautiful country locations that God ever blessed with the delights of His wonderful creation. When we say "Ralston Capitals" we do not wish to convey the idea that we possess great buildings and magnificent properties, for we do not. No great Ralston wealth has flowed into our coffers. For the past seventeen years we have maintained working headquarters in the city of Washington, the capital of the nation;

but we have made no attempt at ostentation or display. Our life-work is with our members scattered all over the wide world; and, in the performance of our duty to them, we have sought to minimize our own importance.

But Ralstonism teaches among its doctrines, that country life, out-door air, sweet sunshine, growing flowers, fruits and vegetables, and all the blessings of perfect health fresh from the hand of nature, may be combined with city conveniences and city refinement, even in country homes; and, to prove the truth of all this, we have established a Country Capital, as noted in another part of the present book. Six months of the year we are in our city headquarters; and for the remaining six months we are in our country headquarters. We have never believed in theories; we prove our assertions by the critical trial of actual experience; hence our claim that country life with city advantages must be the ultimate destiny of every home is being thoroughly tested for the benefit of our members; and it is our purpose to urge in every possible way the establishing of "Ralston City," modelled after our own beginning, in every county in America.

The Ralston Health Club is not a tangible organization, in the sense as usually understood. To make it so would not be possible, until we had branches or local clubs everywhere; and these you may assist in forming. But it is an organization in the sense that a private original club was regularly formed for the purposes of investigation and experiment, which club consisted of members who became scattered as the years rolled on, but who constantly found others who were interested in its doctrines until at last it became necessary to print them as the teachings of the Club so that they might obtain a wider field of usefulness.

It can be readily seen that if a few persons were to organize, and not admit others, the latter would in fact form no part of the Club; while, on the other hand, if all members throughout the world were to be admitted into the organization it would

involve the maintenance of branches everywhere. So, in order to give each Ralstonite an equal footing in the Club, we have refused to allow any tangible organization to exist, the proceedings of which could not be enjoyed by all.

It is a glorious privilege to be a Ralstonite, and to be a member of the Ralston Health Club in the form in which it has existed for these many years. This book is your guide. Reports, Annuals, Greetings and Fellowship Notices are sent you as they are issued; and thus you keep in touch with the grand work that is going on. This book is your Club. It is much better to belong to a general organization, than to be compelled to perform duties in one that is merely formal.

Under these circumstances it is not possible for the Ralston Health Club to have income or property or to become a trust. It is true that the Club might be used for money-making purposes, and such use would be perfectly proper and praise-worthy; but it has always been the policy of the management to allow its receipts to go to the maintenance of the Club, the securing of new facts and the improvement of its membership. No officer, president or other person has ever been paid either salary or profit. Every dollar that is received is used to make the Club greater.

The question is often asked, what is the responsibility of the Ralston Health Club? It is fully able to keep all its promises to the end of time. It takes pride in offering to its progressive members such rewards as are sure to surprise them by their value and magnificence; and never once in all its years of history has the Club failed to perform any promise it has made. This is proof of its responsibility. Its obligations to each member are heavy, if the temples are entered, but these will all be met.

The last question relates to the introduction of members to each other; as the inquiry concerning branches has been fully answered. We bind ourselves to every new member never to make his or her name known, either in private or

in public, without the written consent of such member; and this promise we have never broken. Many persons would refuse to join the Club if they thought their names were to be used for advertising purposes.

We have now made answer to every line of inquiry that is possible. We have been frank and clear, for we have nothing to conceal. All illusions or misconceptions that could arise in any form, we seek to dispel in advance. Please remember that the greatness of Ralstonism is the good it can accomplish among the people everywhere, and not in ourselves or in any person or persons at the head of the Club. The wonderful increase of membership is due solely to the fact that every faithful Ralstonite, by living up to the doctrines taught, becomes in time an example of the power that a simple regime may have over the weakest as well as over the strongest body; and gratitude prevents silence. This is the reason why we have never advertised. If our members cannot speak a good word for the Club, we have no right to the patronage of others.



DEFINITIONS

1. A Ralstonite is any man or woman who believes in taking care of the health.

2. A Complete Ralstonite is one who has advanced five degrees and thus obtained complete membership.

3. A Progressive Ralstonite is one who advances at least one degree a year during life, or as long as the Club brings annual benefits to such person.

4. A Good Ralstonite is one who reads at least a page a week in this book of General Membership.

5. A Faithful Ralstonite is one who lives up to the doctrines of this book as far as circumstances permit.

NOTE: No member is under obligations to do any of these things. All such duties are accepted voluntarily.

6. **A Club-number** is a number assigned to a Ralstonite at the VITALITY DEGREE, which number is accompanied by a Certificate of Special Rights and Privileges. It is the only way by which a degree member may be known to us or to each other. It carries with it a large share of power in the Club and among Ralstonites.

7. **A Password** is a certain use of the name and date of the Ralston Year.

Ralston Year 1 began July 4, 1876.

The twentieth century opened about the middle of Ralston Year 25.

Ralston Year 27 began July 4, 1902.

This password is given at the VITALITY DEGREE.

8. **Ralston Day** is the fourth day of every month. It is celebrated in many homes (and has been for a long time), with flowers, music, a Ralston dinner and social pleasures. Hundreds of thousands of members have pronounced it "the happiest day of the whole month."

9. The VITALITY DEGREE is the greatest of the Club, yet it is the smallest in one sense. It is the first move of an active member. It introduces you to the VITALITY CLUB, a special organization that is devoted solely to one thing, and one idea; namely, the study of human vitality, and how to acquire it.

Great men tell us that the development of a single idea is the most potent process of life; it accomplishes more, for it sweeps all else before it, and its results are never in doubt.

The VITALITY CLUB is the concentration of all the knowledge, all the science and all the skill of the world upon a single idea, UPON ONE STUDY, and that is the most important theme in the physical and mental welfare of every human being. Without vitality, life is nothing; with vitality, it is everything. It is a new and novel thing in human experience, to devote a great work to a single idea; yet this is what is done by the Vitality Club.

At the second degree, which is quickly taken, and should be without expense, the Book of the VITALITY CLUB is obtainable; and, with it, a Club-number, also the Certificate of Special Rights and Privileges.

The essential value of Ralstonism is the privilege of progress, of moving on to something better at every stage of the journey. Everything done is voluntary. No member is asked to make any agreement, and no duties are assigned. This freedom seems to inspire Ralstonites to do more for themselves, for their families and their communities than they would otherwise feel inclined to do if there were fixed obligations.

Constant improvement, and a never ceasing advance toward a higher goal of living, are characteristics of a true Ralstonite; and this means a steady rise in the degrees of the Club.

Our members go on in their degrees without being asked so to do. They will go on in spite of us. When a person is true to the spirit of the race, the benefits and blessings of such an organization cannot be kept selfishly for a few, but are cast abroad for all to partake in, as far as they are worthy of them.

As vitality is the foundation of the great work of life, its special study is recommended to every man and woman. It is our first reward to members. They go on in their degrees in spite of us; and we meet them at the threshold with the most effective system of development ever prepared. The form of procedure is stated at the end of this book. We voluntarily reward all efforts of our members.



Having now fulfilled our promises to answer every inquiry sent us, we ask the privilege of closing this part of the present work and announcing

THE END OF THE
SOCIAL DIVISION

Beginning of
THE MEMBERSHIP DIVISION
OF THE
Ralston Health Club

CHAPTER THREE



Plan of the Club

- ✦ THE SAME GENERAL ARRANGEMENT ✦
- ✦ THAT PREVAILED A QUARTER CENTURY AGO ✦
- ✦ NOW MARKS THE METHODS OF THE CLUB ✦
- ✦ IN ITS RELATIONS WITH ITS MEMBERS ✦

EVERY CHANGE in the onward march of Ralstonism has left the basis of the club the same. This can never be different; for it recognizes two classes of persons:

1. Those who do not believe in letting matters take care of themselves until sickness comes, and then going to a thousand times more cost and trouble than would have been necessary had they used ordinary foresight. These are Class One.

2. Those who do believe in letting matters take care of themselves until sickness comes, and then doing what they can to baffle disease and death. These are Class Two.

Class One makes the gallant fight against disease and death, so as not to be surprised by the unexpected approach of the enemy.

Class Two supplies the employment and income of doctors, druggists, patent medicine manufacturers, hospitals, nurses, and sanitariums.

Class One saves money every year, no matter how ample or humble their means; they are prosperous, happy, progressive and free from suffering. Death calls not at their homes.

Class Two goes through life in a reverse way, like a cat that is dragged across a carpet backwards, clawing all the way. They fight hard enough, but are going in the wrong direction.

EVERY RALSTONITE OF CLASS ONE believes in the Fifteen Propositions, in the Creed, and in advancing Degrees.

The Fifteen Propositions are the guiding rules of life.

The Creed is the inspiration.

The Degrees are evidences of a manly and womanly interest in the welfare of the race that has done so much for the world.



The following statements are the fundamental principles of our Club. They should be read and considered occasionally, as they are valuable guides to the uses and purposes for which the physical body was created. They contain a vast amount of meaning. We do not recommend steady reading of this book, but rather a few minutes daily perusal. Many Ralstonites boast of the fact that they have every day for years, read a page or more of their Ralston books.

To read is to absorb; if the reading is done with a keen interest in the subject matter. To absorb is to adopt. This is always true. "What do you do," asked a man of his business partner, "to cause your health to improve so rapidly?" "I read a page or so every day from my Ralston books. It takes but a minute." "Do you mean to say that reading will improve the health?" "Yes, for what I read I try to adopt in my daily life." There is the secret. We trust that you will discover it; and that you will commence by giving attention to this book; and, perhaps, to this part of it.

THE FIFTEEN PROPOSITIONS.

1. No human being was created to become the victim of disease.

2. There is but one intended death, and that is the natural wearing out of the body in serene and peaceful old age, without suffering; a gentle falling asleep.

3. As history proves that all the faculties may be preserved in perfect condition for at least seventy years, every man or woman should retain youthful vigor and independence up to that age.

4. As physiology shows that the natural span of life is one hundred years, of which twenty years are consumed in growing, thirty years more in developing, thirty years more in maturing, and twenty years in ungrowing, without illness or disease, the task of so living is an imperative duty with every person.

5. As every particle of the body is made of the food taken into it, the body can be no better than the food so taken.

6. As the body is constantly undergoing a complete change of its material in every part, it must be true that a better body can be built by the use of better material.

7. As a very little care will keep the health perfect, while sickness causes trouble, anxiety and expense, it is better to prevent disease than to cure it.

8. As the body's natural food consists of fourteen elements only, any medicines that contain other elements are foreign to the body, and, therefore, unnatural.

9. As sickness and death may bring expense, trouble and suffering to others, no person has a right, by wanton carelessness and indifference, to invite these misfortunes unnecessarily.

10. As communities are more prosperous where sickness least prevails, good citizenship requires that each individual shall take an interest in spreading the doctrines of perfect health.

11. The body is a machine capable of abundantly feeding, clothing, sheltering, developing, and protecting itself, in order that it may exist and be well cared for; but a machine that serves no other purpose than to take care of itself and please itself accomplishes absolutely nothing by living.

12. As every useful machine serves other purposes than to be kept in repair, so man should be greater than his body's needs, and should serve a distinct purpose in living.

13. This is an age of fearful loss of time and money through sickness; and not until disease is conquered will humanity be able to understand the grander purposes of creation.

14. As ill health and misfortune are principally due to indifference, which arises from an inability to cope with the erroneous customs, social evils and national wrongs of the present day, the highest duty of citizenship is to weave a fabric of power strong enough to overcome all such abnormal conditions.

15. The Ralston Club, having won the permanent loyalty and unshakable support of its intelligent and honest members in this country, should, when its numbers warrant, exert its power as one voice to correct the abuses which prevent the enjoyment of happiness, prosperity and health.

The second qualification whereby a person may become a Class-One-Ralstonite is an interest in the Creed. We do not ask you to believe in it until you know fully its power; nor even then to declare your belief in it. But you must be interested in its teachings, or you cannot be considered a Class-One-Ralstonite.

Many of its provisions are new to you and will need explaining. Full light will come in time. This Creed has been the inspiration of a vast number of men and women, and has led them on to victory in the fight against disease and death.



CREED OF THE RALSTONITES

ARTICLE I.—We believe in the existence of a LIFE PRINCIPLE, or vitality, buoyancy, or spiritual energy, which is superabundant in good health, and is lacking in sickness, as may be seen in the lives of persons; and we believe that it

dwells in the universe, and may be drawn into the human body by an act of the WILL expressed in certain exercises invented for that purpose.

* * *

ARTICLE II.—We believe that the absence of vitality is the cause of ill-health, and is also caused by ill-health; that, during sickness, the buoyancy of the body droops, but returns again with the restoration of health; and that vitality, buoyancy, or by whatever name it may be called, is an impelling force, which may direct all the impulses of growth and development.

* * *

ARTICLE III.—We believe that (as no scientist has hitherto made a special study of this LIFE PRINCIPLE) the ignorance of the human race upon this, the most vital fact of existence, has much to do with the prevalence of disease, the untimely approach of old age and death.

* * *

ARTICLE IV.—We believe that it is possible for man (by special study, experiment, and investigation) to learn about the LIFE PRINCIPLE OR VITAL SPARK, and to draw it into the body, and increase the power of his vitality for the purpose of securing health, and prolonging life.

* * *

ARTICLE V.—We believe that as a weakened vitality yields quickly to disease and death, so a strengthened vitality may baffle these monsters for many years, and delay even the approach of age.

* * *

ARTICLE VI.—We believe that sickness is due to one or more of the following causes:

1. Inheritance. 2. Carelessness. 3. Ignorance. That medicine is positively injurious, and unnecessary, except in a crisis, and even then is only the substitute of one ill for another; and that régime for the generation of the LIFE PRINCIPLE will give a diseased body a NEW LEASE OF EXISTENCE.

* * *

ARTICLE VII.—We believe that the adulteration of food is increasing every year at an alarming rate; and is the cause of diseases of the liver and kidneys; and that every man and woman in America should aid in an organized effort to drive these adulterations from the market.

* * *

ARTICLE VIII.—We believe that a knowledge of what is the best food for the stomach, and the obtaining of such food in a pure state; also the cultivation of habits consistent with the laws of health; and the increase of the LIFE PRINCIPLE, **must** and **will** result in absolutely **perfect health**, and the prolongation of human life far beyond its present duration.

* * *

ARTICLE IX.—We believe that there are ways of preventing, and ways of curing, by natural methods, without medicine and without cost, all the ills that “flesh is heir to,” from common headaches and colds, to nearly all of the great incurable diseases, so called.

* * *

ARTICLE X.—We believe that every honest physician should be willing to encourage the rapid recovery of his patient by the aid of nature as found in the Four Cardinal Points of Health.

* * *

ARTICLE XI.—We believe heartily and unreservedly that the Four Cardinal Points of Health are founded on nature's primeval, permanent, and perfect laws of existence.

* * *

ARTICLE XII.—We believe that the HOME is the mother of the great moral and social fabric of the nation, of advanced civilization, individual prosperity, and national supremacy; that HAPPINESS is the father of the HOME; that HEALTH is the progenitor of HAPPINESS; and, through nature, that perfect health may attend the life of every human being on the face of the earth.



Now compare, if you will, the Fifteen Propositions previously presented and the Creed as just stated. The former introduce the foundation theories of Ralstonism; the latter is the moving impulse of its power. What shall be done with this Creed? It must be acted upon if health is sought. No person of well-balanced faculties goes long in life without winning success. If the faculties are not well balanced, there is a part of this book that is devoted to the subject that will prove abundantly helpful to you. Success and competence are more likely to inspire a desire for living, than are poverty and failure.



THE DEGREES.

Two of the qualifications that will make you a Class-One-Ralstonite have been thus far presented. The third and last is the spirit of progress shown in Degrees, which means the taking of firm steps toward the spread of the doctrines of Ralstonism; for no movement that has for its object the uplifting of humanity, can do its work without the hearty co-operation of its members.

CHAPTER FOUR



Taking the Degrees

- ✦ THE MEN AND WOMEN WHO HAVE MADE ✦
THE WORLD
- ✦ GROW BETTER, YEAR BY YEAR, IN EVERY ✦
AGE
- ✦ ARE THOSE WHOSE GENEROUS HEARTS ✦
HAVE TURNED TO GIVE
- ✦ ENCOURAGEMENT TO OTHERS OF THE RACE ✦

RALSTONISM embraces, as has been stated in the preceding chapter, two classes of members. One of these is known as Class Two, or those who believe in letting matters take care of themselves, and who go through life looking in the direction in which they would like to go, but who are being pulled backward in the opposite course.

Class-One-Ralstonites are those who are interested in:

1. The Fifteen Propositions.
2. The Creed.
3. The Degrees.

The first two of these have been considered in the previous chapter. The explanation of the degrees requires a special chapter, for they are closely associated with the very life and history of Ralstonism. To remove them from the cause of health and progress, would be to take away the mainspring of its success.

We are not the originators of the idea of degrees. Many years ago, when members began to improve and to win not

only perfect health but also success and prosperity in life, they tried in every way to induce other persons to join in the movement, with the hope of having a universal brotherhood of Ralstonites. We listened and did all we could to analyze the variety of propositions, so that what might be best for the public would be adopted.

We allowed many members to put their plans into execution; some of which failed, and others were partly successful. In obedience to the wishes of those who had been leaders in the spread of the cause, we tried one offer after another, until all had been given a chance.

One who has been a total stranger to us in every way, except by club-number, but who has sent in name after name for membership writes: "I consider it a great privilege to add to the membership of the Ralston Club. My own improved condition arouses curiosity, and I plainly speak of the good I have derived from the Club. This has borne its fruit as you know. A word to a friend is all that is necessary."

Another writes: "I do not like to be rewarded for what I know is my plain duty to my fellow beings. As our minister has said in his sermons, Ralstonism is secular religion, and it is the happy privilege of every earnest member to spread its truths. I like to know that I am winning degrees right along, for each degree means that I have brought some one else to see and to receive the great good of this Club. I shall stop bringing in recruits when I die; not before."

This has the true ring to it. The pleasant satisfaction of knowing that each degree stands for someone whose life has been uplifted by the aid of Ralstonism, is not to be excelled by any form of happiness that this world can give.

And so on, through a long list of expressions from many thousands of the truest members, we find that the one desire is to have someone else share the fruits of these benefits. This feeling is necessary to the existence of the cause, or of any cause.

On the other hand, there are some who think that the desire for the increase of membership is a selfish one. They think the same thing when a church seeks to enlarge its numbers, or the schools and universities make efforts to extend their influence, or any good cause is reaching out to bless more people. They will always think that, for it is in the blood. The cynic sees good in nothing, and selfishness in everything; and is the unhappiest of mortals.

Were it not for the doctrine of increase and extension of influence, there would be no progress in the world, not even in the realm of nature. God commanded increase, and every good impulse of the human heart responds to the mandate. Increase is the great duty of Ralstonites.

This is frank. It is honest and to the point. Without the desired increase, we must always remain a scattered and ineffectual band, having a good motive without coherency and united strength. And it is gratifying to state that all true Ralstonites have just as much of a desire to see the Club increase as we have. The man who is a stranger to the cause today, is converted to its principles tomorrow, and the next day he says to himself, all unknown to us, that he will give every honest and honorable effort to the spread of the doctrines; for he finds them to be right and full of blessings to humanity.

What is the past history of this feeling? At the beginning when one room would hold every member, they thought of others as soon as they did of themselves; and this was when there was no book for sale, and no cost of membership. That is true of Ralstonism; the wish to get others interested; and nothing else can be substituted for this feeling.

Then, in after years, when all the wonderful doctrines and helps were written out and made into a code, such as you see in this book now open before you, and the members were getting numerous, they did not have a book that was printed, and there was nothing to sell them; so that the motive of

increase could not be called mercenary; they came to headquarters and asked the privilege of having stenographers and typewriters copy the written things that had been the means of doing so much good; and they paid many, many dollars for much less material than is in the half of this book; and no one gained by the transaction except the copyists who were brought in and were strangers to us all.

Yet the very men and women who paid them were strangers also to the cause a few months before; they had been led to take an interest in it by what they had been told, and they found it so valuable that the price of twenty-five dollars or even fifty, would not have barred them from getting the information in compact form where it could be easily referred to and used.

We cite these early instances to show that there has always been a disposition on the part of every earnest Ralstonite to tell to others what has been brought home to the life and heart of each one. This feeling has been made too much of in a commercial sense of late years; and, instead of allowing each member to go ahead voluntarily and without hope of reward, there has been a financial or monetary value held out as an inducement to advance degrees.

This is what we have objected to. But what are we to do. Some years ago a man turned twenty thousand dollars over to the Club for the purpose of printing and giving away the great emoluments of the early degrees; that is in the first five, ten or fifteen. Other members still insist that it is the proper thing to do. Several clergymen went so far as to say that there must be some reward for every good deed, and that earning a degree by bringing a new member into the Club was certainly a good deed: just as, in a much grander sense, the hope of eternal happiness is the reward held out for the church member. These ideas were expressed by several clergymen, each independent of the other, thus showing the trend of thought in the matter.

We cannot say that they have converted us to believe that we should promise to keep up the emolument system now in vogue. Why a member will not speak the good word now as of yore, without hope of being paid for it, we cannot see. They do speak that word, and they will in spite of everything we might do. There would be just as many new members brought into the Club if we spent ten millions a year, or spent nothing at all; for the true Ralstonites will tell the good news whether we asked them to do so or not.

One fact cannot be overlooked by one who may be disposed to take the selfish view of the whole subject. This fact is that the Club began to increase from the start twenty-seven years ago; it has passed through countless vicissitudes; it has been the subject of discussion in magazines, books and papers, and has been thoroughly analyzed by men of science and the deepest learning, and never found wanting. Every kind of criticism has been made, and all has turned to the favorable view.

While all this public glare has fallen on the Club, it has been steadily increasing; editors and high officials all through the land, and all over the world, have come into the Club in order to get health or to be able to keep sickness and death from their doors. Those men and women everywhere who are capable of being true to any cause or to any principle, have proved the staunchest friends of Ralstonism, and a landslide of adversity to the Club could never shake them from their loyalty.

A steady increase has been going on.

Year by year has witnessed the steadfastness of those members who are worthy of the blessings they receive; and year by year they have kept bringing the good news to others who have joined them in the greatest secular cause now on earth.

The use of rewards has proved of one advantage to the Club; and this is the yearly sifting out of those who came in for nothing but selfish purposes; for, when they have got

all that was coming to them, they have ceased to do anything for the cause; and some there are who have tried to make the emoluments merely a business of commercialism out of which they have tried to extract all the honey and leave only the comb for their friends, and ill-natured criticism for their benefactors. We are glad to state that these are few in number compared with those who have shown only the loyal and hearty support that comes from every unselfish Ralstonite. It takes all kinds, however, to make up the sum total of humanity.

We have not thought that there should be one place of headquarters only, nor one head-management for the Club; as it ought to be governed by its members rather than the publishers of its books and those behind them. It is time now to extend the government of the Club to all its members by local organizations; and this plan is to be offered for the first time in the present book.

Having spoken fully and freely on the subject of constant increase we will close this chapter by repeating that every true Ralstonite will help to make the cause known to others.

Without increase there can be no goal for Ralstonism.

Such increase as we must eventually have in order to shape the physical destinies of the great Caucasian race, we may get gradually in the course of the next five or ten years; but that increase could be attained at this time, and in this very year, if every present member tried to do in one month what can be done as well in that time as in ten years; namely bring ten million new members into the Club. No one can deny the advantages to the people from such an increase; for it would bring on at once the method of living and the era of good things which will be found so fully described in the new book entitled "Real Life When Things Are Right." Every reader of that book knows that such an age will come sooner or later; and that the sooner it comes, the better it will be for the race and for all the earth.

No member is required to help increase the number of Ralstonites.

Every act in that direction must be voluntary and must spring from the good will and inherent nature of the member.

You may or may not find new recruits. All remains with you to decide one way or the other; but if you have the desire to do so, and this is ever present in your life, and you are loyal to the Club, you will be rated a Class-One-Ralstonite, whether you ever get a new member or not.

This is fair to you. All we wish is to know that you have the disposition to help spread the good news to others.

The present book is the best we have ever issued for General Membership; and will be the means of aiding you in making converts to Ralstonism much faster than any work ever before written or printed.

There are Invitations also, which we send out to those who ask for them; and we shall be glad to supply you with all that you can use.

Equipped with these two aids, you ought to be able to rise rapidly to the highest degree which is the one hundredth. But, if such is not convenient, or if you cannot bring new members in at all, and yet have the disposition so to do, you are to be regarded as a Class-One-Ralstonite nevertheless.

The rewards spoken of, and which exceed in value and greatness any training systems ever invented, are those which we have partly listed on page 40; presenting five great emoluments therein. Some members go forward the whole hundred degrees at once; some advance to the thirtieth so that they may be sure of "Real Life" at once; others go to the fifth degree and thus get into Complete Membership; others will undoubtedly take the shortest and easiest of all, the VITALITY DEGREE, and not be able to go further for a year or more, if ever.

This is sufficient. It shows the disposition and desire to do something, as far as it is possible. There is no nobler thing in

human life than loyalty to some cause that is helpful to the race.

On the accompanying page is found the full system of the first twenty degrees. These constitute the first great temple, which is known as the Temple of the Body. Other temples, just as sumptuous, follow up to the highest degree which is the one hundredth. These degrees are easily taken, and consist in getting a new recruit for each one of them. That is, if you get a person to take membership in the Club, or procure a copy of this book of General Membership, you advance a degree. The use of the Invitations will effect this very quickly, if they are sent out judiciously, or handed to persons whom you may know or whose addresses you have. If sent out carelessly they may not do any good at all.

The first emolument or reward is reached at the Second degree; the next is obtained at the fifth degree; the next at the tenth degree; the next at the fifteenth degree; and the highest emolument in the "**Temple of the Body**," is reached at the twentieth degree. The "stars" indicate the magnitude of the rewards.

The small sum of one dollar which is asked for each degree, including the copy of General Membership book which goes with it, enables the Club to maintain its existence financially, and no more. The expenses are heavy, and the progress that is constantly being made is such as to drain the coffers.

For this, as well as for the other reason that members are glad willingly to bring new recruits into the Club, we do not believe that the great emolument system should be continued; and it may be withdrawn after one year's notice to each member.

As it stands at the present time, it is a splended reward and recognition for the interest which the members take in spreading the doctrines of Ralstonism.

The forms for advancing degrees are given at the end of the book.

THE RALSTON CLUB

INCLUDES

Great Temples of Knowledge,

THE FIRST OF WHICH IS THE

“Temple of the Body.”

THIS COMPRISES TWENTY DEGREES AS FOLLOWS:

BASIS: The present Book of General Membership.

1st DEGREE: First step toward “Complete Membership.”

2nd DEGREE: “The Vitality Club.”

3rd DEGREE:

4th DEGREE:

The first five degrees constitute Complete Membership, or the fight against sickness, disease and death.

5th DEGREE: “Ralston Gardens of Life.”

6th DEGREE:

7th DEGREE:

8th DEGREE:

9th DEGREE:

These five degrees, 6, 7, 8, 9 and 10, are devoted to the development, enhancing and beautifying the chest, which is the seat of life and of the soul. The course of training renders lung diseases and consumption impossible.

10th DEGREE: “Cultivation of the Chest.”

11th DEGREE:

12th DEGREE:

13th DEGREE:

14th DEGREE:

These five degrees, 11, 12, 13, 14 and 15, constitute the grandest course of personal training ever invented for perfecting the body and giving full power to all its physical faculties.

15th DEGREE: “Personal Culture.”

16th DEGREE:

17th DEGREE:

18th DEGREE:

19th DEGREE:

These five degrees, 16, 17, 18, 19 and 20, furnish the climax of the “Temple of the Body,” in those supreme personal accomplishments that bring social power and leadership to every earnest man and woman.

20th DEGREE: “Ralston Citadel.”

END OF THE TEMPLE OF THE BODY.

INITIATION

INTO THE

RALSTON HEALTH CLUB



While the **Ralston Club** embraces one hundred degrees, the branch of it which is known as the **Ralston Health Club** includes only the first five. These begin with the basis, or the present copy of the **Book of Initiation**, which is also called the **Book of General Membership**; and they proceed as far as the fifth degree.

At the **second degree** the first reward is reached. This is the new system known as the **VITALITY CLUB**. It is given absolutely free to the member at that degree.

At the **fifth degree** the much greater emolument, entitled “**Ralston Gardens of Life**,” will be found; and this ends the **Ralston Health Club** system. The rewards given beyond are simply splendid works and systems, that have been justly called the best things that have ever been published, and that stand without a parallel in modern times. This seems like strong praise; but you will do, as others have done, give full assent to the good words when you have seen what the works and systems are. **Ralstonism** has never done things by halves.

It costs nothing to be initiated into the Club.

All you have to do is to sign the **Application Notice** for Initiation which is given at this place in duplicate; one copy remaining in the book, so that you may always know what it is, and the other being taken out and mailed to **Ralston Club**, **Washington, D. C.**

STANDING NUMBER.

When you send in the Application Notice for Initiation, you may request a **Standing Number**, if you wish. This costs nothing. It is called a **Standing Number** for it stands until you begin to advance degrees; when a **Club-number** is

given you instead, which will remain permanent for a life time. None of these costs anything. Everything is free from charge.

If, however, you wish to begin now to advance degrees, you can fill out the lower part of the Application Notice, in addition to the main part, and enclose the cost of two copies of this Book of General Membership. Thereupon the reward will be free admission into the VITALITY CLUB.

This step should be taken within thirty days from the time when you receive this book either from us or from some member; for quick action is necessary to enable the Club to carry on its great work. The two COUPONS for which you pay one dollar each, ought not to cost you anything; for, if you give them away as presents to your friends, they will insist on paying you for them, for that is one of the fundamental principles of the Club that there shall be no free members. Yet we leave that for them to decide. Out of every thousand of those who receive the book as a gift from some friend, fully 999 pay them, not because the money is required or needed, but merely to enable them to come in line with all Ralstonites, and not receive something for nothing.

In addition to the satisfaction of making two new members, you will also find the two-dollar emolument, the VITALITY CLUB, awaiting you. This, like all emoluments, is presented as an expression of good will from the Club, and is not the subject of contract.

While the form for making the advance in degrees is given here, and another is given at the end of this book, it is really not necessary to use any form at all for degrees after the fifth; as a degree is allowed you for each COUPON or book of General Membership which you procure after your own. This copy, being the first, does not advance you any degree; as it is for your own use, and not for some new member whom you have procured.

If this form is not used when the first emolument is applied for, or if the form at the end of the present book is not used

when the fifth degree emolument is applied for, then the rewards cannot be given; for our only evidence that you own this book is in the page that is taken from it.

The full page Application Notice for Initiation should be cut out carefully with the small blade of a sharp knife, just at the left of the reading matter. If this full page Application Notice is absent from the book, then some person has taken advantage of you and sold you a defective copy, which has been used by such person as a means of advancing degrees so as to obtain valuable emoluments without cost. You must see the person, rectify the fraud, and report the name and number to us, so that in the future all good Ralstonites will cease to affiliate with the individual.

We are glad to state that this has not happened more than a few times in the whole history of the Club; and we have the names of the persons who have sold copies from which the essential forms have been taken. Yet a thoughtless person might do so through an innocent mistake; but they immediately get a perfect copy, and retain the defective one for personal use.

This copy is perfect if it has the Application Notice of Initiation at the end of this chapter, which is a full page form. When you remove it, you must keep the copy for your own use, and for reference: not to loan or give away. It must become your private property at once. True Ralstonites take pride in keeping the first book as a private landmark in the history of their lives as members of the Club.

The Contents of the Application Notice are printed here so that you may know what it contained. The first clause declares that you are the rightful owner of the Book of General Membership from which the notice has been taken. The next declares that you are interested in the Fifteen Propositions, and in the Creed of the Ralstonites. The next says: "I believe that the increase-system is necessary to the success of any great movement, and for that reason I am

heartily in accord with the degree-plan of this Club. Having thus shown my sympathy for the cause, and hoping to see the blessings of health, happiness and home spread broadcast throughout the world, I hereby ask to have my name enrolled among the Ralstonites, with the understanding that no duties of any kind shall devolve upon me except such as I may voluntarily assume for the good of the cause." Then comes the request for a Standing Number.

The request for the Standing Number should be erased if you fill out the lower part of the notice, which is an advance of two degrees and an application for the Vitality Club book; for the Club-number which you will receive at the Second degree will be permanent for all time; while the Standing Number will not be good after you begin to advance degrees.

All emoluments are given to members for their exclusive use. In almost every family of good Ralstonites, each member, even including those who are in their teens, is a fifth-degree Ralstonite; for parents declare that they can leave no better heritage to their children than Complete Membership in a Club whose great life work is to hold disease and misfortune from the door. Some of these are gifts, but most of them are obtained by getting new recruits to the cause.

Former members, or those who already have any degrees, may obtain VITALITY CLUB by advancing two degrees beyond where they now are. All degrees acquired will be preserved, and no one need start anew.

Coupons are good for copies of this book of General Membership; one Coupon being good for one copy. We sell Coupons for one dollar each; and the other ten cents is paid when Coupon is sent in for the book. We never send copies of this book of General Membership unless we have the name and full address of the new members who are to own them. If such names are known to you in advance, send them and their full addresses, and \$1.10 each, and books of General Membership will be forwarded in place of Coupons.

Cut this out carefully at left hand edge and mail to Ralston Club, Washington, D. C.

APPLICATION NOTICE
FOR
INITIATION
IN THE
GREAT RALSTON CLUB



To Ralston Club,
1223 to 1231 G St., Washington, D. C.

I am the rightful owner and sole user of the copy of the Book of General Membership from which this page is taken.

I am interested in the Fifteen Propositions, and in the Creed of the Ralstonites.

I believe that the increase-system is necessary to the success of any great movement, and for that reason I am heartily in accord with the degree-plan of this Club.

Having thus shown my sympathy for the cause, and hoping to see the blessings of health, happiness and home spread broadcast throughout the world, I hereby ask to have my name enrolled among the Ralstonites, with the understanding that no duties of any kind shall devolve upon me except such as I may voluntarily assume for the good of the cause.

I wish a Standing Number until such time as I may ask for a Club-number.

[Name].....

[P. O.].....

[State].....

Street and number,
or P. O. Box, if any.....

DO NOT CUT THIS PAGE IN TWO.

[If you wish to be rated as a Class-One-Ralstonite, fill out the following in addition to the above.]

I also wish to be a Class-One-Ralstonite, and enclose two dollars for two COUPONS good for two copies of this Book of General Membership, for which I will find two new members as soon as I can; and I shall be pleased to receive, as a reward, the book of the VITALITY CLUB, which is the emolument of the second degree. I do this with the understanding that, on paying three dollars more at any time, I may advance to the fifth degree, become a Complete Member, and obtain as an emolument the work entitled "Ralston Gardens of Life." All emoluments I receive I will keep exclusively for my own use, or for the use of my family.

I have signed my name and full address above and again sign my name here.

.....

EITHER PART OF THIS PAGE IS VOID IF WHOLE PAGE IS NOT SENT

CHAPTER FIVE



Local Clubs

✦ FROM HOME TO HOME THE HERALD GOES ✦
✦ AND BRINGS THE GLAD NEWS WITH HIM ✦
✦ AND MEN AND WOMEN CONGREGATE ✦
✦ TO HEAR THE WORD HE'S BRINGING ✦

ALTHOUGH the past history of the Ralston Club has shown the wisdom of holding its great doctrines for the exclusive use of its faithful members, this does not militate against the idea of bringing together in helpful assemblies as many of those members as care to be thus associated.

We believe that the time has come when it is proper to turn over to the banded and united Ralstonites of the world, the control and management of this Club, and to effect a strong and enduring organization to that end.

The first steps to be taken require a sufficient number of members who believe as we do. They may be found everywhere; or, if there are not now enough, more may be quickly added to the enrollment and a full number be obtained.

It is not necessary for any member to unite with a local organization, or to assist in banding Ralstonites together. Many are always asking for the authority to do this, and we have delayed complying with their request for three reasons. Some years ago there were local clubs all through the land, and most of them were used by drummers and merchants who had foods and other articles to sell. They would even go to the trouble of effecting a large organization, and then work

among the members until they had established a trade in their goods; often under our name and with the claim that we had given them the encouragement to do so. This we never did.

Then others would organize local clubs and conceal the fact that they were agents of food-concerns, which they would proceed to endorse; and many articles of food and wearing apparel, got endorsements from the Ralston Club, but not our Club. This was clearly illegal and even criminal; and they desisted. But many false endorsements are used at this day by dishonest business houses.

Then there were some who pretended to be specially learned in the Ralston doctrines, who had but little real knowledge, and they used the local clubs for lecturing and teaching, in the hope of making a reputation that would call them to the lyceum platform.

Of the vast number of local clubs that existed years ago, hardly one per cent of them were free from the name-collectors; or people who, under pretence of being authorized by us to make census, went about getting the names and addresses of Ralstonites, and then flooded their homes with advertising material for years to follow.

One woman wrote to us as if we had given her name away; for she said: "I understand that the Ralston Club never allows the names and addresses of its members to be given away; and yet I received a notice from an advertiser this morning stating that my name had been given to him because I was a prominent Ralstonite." Investigation proved that she had given her own name away a few weeks before to a man who had called on her for the ostensible purpose of taking a census of the Ralstonites in her locality. She gave her own name and those of over two hundred others in the place.

The rule is this and it ought to be remembered: We never allow the name of any member to be known to any person,

unless we have the written authority of that member. This we never ask, and we do not think it wise to make public the names, for it keeps many of the very prominent people in the world out of the Club. Hence we keep the terms of the agreement with more than usual care.

We have no agents and no representatives. Any claim that we do is fraudulent. All authority of any kind issued by us comes solely from Washington, and is in our writing; and is also published in full in our books where all may read and know it. We say this to let our members know that they must look to us and not to others, for the facts. Do not be misled into the belief that we have census takers, or that we give endorsements for foods or other articles; for such claims are not true.

Never allow any person to take the names and addresses of members for any purpose. We have given this notice many times and it has been heeded. Do not try to get the names of members by public announcements for meetings or for any other purpose; and, if such notices are given, do not pay any attention to them. In a city where we have five thousand members, and where this notice had been well understood, some one inserted an advertisement in the papers rather freely, to the effect that all Ralstonites would meet at a public hall on a certain evening, by order of the Club at Washington; thus putting the burden on us; but the hall was almost empty, as only three responded and they came out of curiosity. This was a well deserved rebuke.

A local club may be founded by any select number of people, all of whom are congenial to each other. Some would wish to be with their friends; and this is right. You may have certain friends whom you would wish to be with, and others may have their preferences as well.

To found a club there must be five persons who are all of the fifth degree; that is, who are complete members. They are known as the founders. As nearly all Ralstonites who

are of the Class-One rating, become fifth degree members, and they are the only ones who take an interest in the better things of the world, it would be a very easy matter to found such a club in any locality. Those who are not advanced to the fifth degree would not be benefited by belonging to such a club, and would be of no value to it. The great battle of Ralstonism is against sickness and death; and all the knowledge than can be obtained should be at hand.

But, while all the founders must be fifth degree members, any others who are invited to join may be of a lower degree, provided they are at least in the Vitality Course which is at the second degree.

There must be not less than five fifth-degree Ralstonites in the beginning; all of whom are known as founders. Any others may be invited to join, but the vote must be unanimous that admits them; and they must be at least in the Vitality degree. This is the summary of the whole matter.

There may be as many local clubs as are desired, if they are organized under the above provisions. No person should wait to be invited to join any one, for the membership in each may be very small. If you wish to become a local member, do not seek an invitation in a club that may already be full, but start one yourself.

Each club will have its founder as a permanent officer and its president and other officials. The presidents of all the local clubs in one place are to meet on call for the purpose of electing a county president; and all the county presidents are to meet on call to elect a State president. The State presidents are to elect a national president.

A local club must contain not less than five members; if it wishes to have more, they may be added by unanimous vote from time to time; but large numbers are not advisable, at least in one club. There is to be no fixed time for meeting; but each session may adjourn to meet again when called by the Executive. It is not possible to secure a regular attend-

ance at stated intervals. The knowledge that there is a local organization to which you belong, and which may be called from time to time when its services may be of advantage to the cause in general or to the community, is sufficient to hold an interest; and the club may have an annual meeting at which all may pledge themselves to be present.

The members must be known to have no interest, direct or indirect, in any foods or articles that are offered for sale; nor must they be actuated by selfish motives in joining the local club.

No fees are to be charged, nor contributions solicited; as the membership must be free.

When any five members of the fifth-degree ask for a Constitution, and Charter, and send us the following request, we will send the same free of charge: To Ralston Club of America, 1223 to 1231 G Street, Washington, D. C. We the undersigned are members of the Ralston Club, and are of the fifth degree or complete rank. We wish to found a local club in this place to be known as the First Ralstonites of _____; and request a Charter and Constitution with which to affect such organization. (Names must follow with full addresses and Club-numbers.)

The name of the Club will be "The _____ Ralstonites of _____." The blank at the beginning is to be filled out with the number of the local club; just as national banks take the name First, Second, etc., in each city or town where they are organized. Thus the club that is earliest organized in Boston would be called "The First Ralstonites of Boston," and the next would be called "The Second Ralstonites of Boston," and the next would be called "The Third Ralstonites of Boston," and so on for a thousand or more.

The name "Club" must not be attached to any local organization, for that belongs to the whole membership which is known as "The Ralston Club of America." When all those who wish to enter into local organizations, are banded to-

gether throughout the globe, they will be known as "The United Ralstonites of the World."

You may or may not find it worth your while to join some local club in your community. If they are not to meet regularly, you may think it waste of time and effort. But the fact is, it will probably prove a very great blessing to you and to the community to have such a club there, and possibly a hundred or more, depending on the size of the place. The fact that they do not meet regularly will not detract from their influence and usefulness; for they are ready to meet on call whenever the emergency arises, and there is no reason otherwise for the taking of time and effort to come together.

It is a pleasant thing to know that you are one of an association that may do much good from time to time among your people. It costs nothing. There are no dues, no fees, no expense, no duties. An occasional social gathering on the fourth of the month, which is Ralston Day, may tend to hold you and your friends in the bonds of fellowship, and at the same time illustrate some of the methods of living according to these doctrines.

On every Ralston Day do something to celebrate the occasion. Have a special dinner. Get some flowers. Take an interest in the idea. Invite friends to meet you at home. Know the calendar; that is, be able to state what the Ralston Year is, also the total date, the number of the Ralston Days that have occurred, counting July 4, 1876 as the first, and twelve each year thereafter, and your age as a Ralstonite.

Do not lose your Club-number when you get it. Write it in a dozen places rather than forget what it is.

All that is for you to decide. But the time may come when the sudden call to meeting will be heard all over the land, and a great work be accomplished.

END OF THE MEMBERSHIP DIVISION

Beginning of
THE KNOWLEDGE DIVISION
OF THE
Ralston Health Club

CHAPTER SIX



Relation of Life and Death to Diets and Foods

INTRODUCTORY CONSIDERATIONS

RALSTONITES have long ago learned that in every one thousand cases of disease, exactly 1000 are due to what enters the stomach. A careless, haphazard reader would at once challenge this statement, and say it is not so. In order to ascertain if it is true or not, we must remember that death and physical ills are chargeable to three sets of causes:

1. **Accident.**
2. **Wearing Out.**
3. **Disease.**

An accident is almost always due to carelessness; but not always. Of all the cases that have occurred where life, limb or health has been lost by accident, fully ninety-eight percent might have been prevented by extreme care. Some day humanity will exercise such care; but today they are not prepared to do so, owing to the disposition to take chances. All bacterial maladies are not diseases. Thus lockjaw or tetanus is due to the accident of puncturing the hand or foot. Hydrophobia is due to the accident of a bite. Blood poisoning is due to the accident of a cut or scratch. Yet all three are different forms of attack from three entirely different kinds of germs. Diet has nothing to do with them. Extreme care may prevent them all, by making the causes impossible.

“Wearing Out” is the way to die, and the only right way. It should be brief and decisive, following the manner of living set forth in the fifth degree book, “Ralston Gardens,” and the thirtieth degree book, “Real Life.” A long, slow process of “Wearing Out” is unnatural. There are men and women living today who are past eighty, and a few past ninety, who are in full possession of all their faculties; and some of them are capable of a great deal of hard physical work.

The Ralston way to die is to omit the period of decrepitude. This is done by keeping the faculties at their best all through life, beginning just as soon as you become a Ralstonite, and continuing through many decades until the end is at hand; then falling asleep quietly and quickly, with loved ones about you, and with farewells made in full consciousness of the approaching change. The eyes close to the scenes of earth; and, in what is a seeming instant only, they open at once to find the loved ones all there in a new realm. The process involved is fully described and demonstrated in the Ralston Classics at the Temple of Mortality, in the highest degrees of this Club. The only point of interest in this book is the fact that perfect health will carry you through a life of richest usefulness, clear up to the final sleep, without compelling you to pass under the rod of senile decrepitude.

This alone is worth a thousand times the slight sacrifice of time, trouble and expense which you may imagine is required of one who seeks to become a member of the Ralston Health Club.



Having thus disposed of the two preliminary subjects, we are now free to consider the relation of food to disease. Under the latter term we include what is known as sickness, whether acute, chronic, mild, severe, or whatever it is called. There are so many kinds of sickness that it would require many great volumes to treat of them; yet all of them are caused by what enters the stomach.

Now someone says this cannot be so; they declare that such maladies as typhoid, consumption, diphtheria, cholera, yellow-fever, small-pox, heart-failure, pneumonia, kidney trouble, rheumatism, colds, influenza, and the like, are in no way related to what enters the stomach. Our answer is that typhoid cannot possibly be caused in any other way; consumption is impossible to a person whose vitality exceeds sixty degrees, and the same is true of diphtheria, cholera, yellow-fever, small-pox, pneumonia, colds, influenza and all contagious diseases as well as all maladies that are due to exposure; heart-failure is the penalty of wrong eating; kidney troubles are poisons inflicted by a wrong diet; and rheumatism has no other cause except what enters the stomach, although it is discovered by dampness and colds.

There is a distinction between the presence of a malady and its discovery. A person may have Bright's Disease for months or even years, and may never have the slightest evidence of it, until a cold or other excitant may make it evident; and, in very many instances, when it is thus discovered it is too late to save the life.

It is a familiar saying that pneumonia will make known every latent ill of the body. If you should be afflicted with this malady, and at the time of your attack you also were the victim of Bright's Disease the presence of which you had never suspected, the latter would come to the front and would settle the question of life or death in the case of the pneumonia. The same is true if you are subject to heart disease; and the weakness of this organ has been the turning point in many such a case.

While it is true that air when fresh, pure and vital, is one of the most potent factors in the cause of health, it is equally true that the best of air is helpless when the body is not well nourished by the best of food. If you put nothing in the stomach you will not thrive on pure air. If you put unwholesome food in the stomach, fresh air will not make it whole-

some; yet millions of invalids today are abusing the body by what they eat, and are trying every kind of natural cure without avail. Says one, "I am careful not to catch cold, nor expose myself, and I get fresh air, pure water and exercise; but I do not gain in health." Why not? Because the bill of fare is most horrible.

There are many persons of weak lungs who are striving to strengthen them. How? By everything possible that is beneficial, except diet. They even cry out impatiently and ask, what relation has the contents of the stomach to the lungs? The relation is this: There is not a particle, a fiber or bit of tissue of the lungs that is not made by the food eaten. Medicine will not make it. Fresh air, exercise and all such excellent aids to health are unable to create lungs; for they are slaves to diet, and they cannot make something out of nothing.

The heart was once food in the stomach; and its quality cannot be good if that food was bad. The skin was once food in the stomach. The blood, every drop of it, came from the contents of the stomach; and now tell us what is to be gained by medicines and treatment in building up the blood when the basis of its construction is wrong? Since it is changing and dying every day, is it not far more sensible to employ new materials of a proper kind than to keep using those that are incapable of making pure blood.

If you wish a healthy body you must give it healthy materials. If you wish a strong house, the materials must be suitable. The hardest proposition for the public mind to accept seems to be right here in this rule of nature. Something is the product of something; the result produced is controlled by the quality of the materials employed. When people will believe that every part of the body was once food in the stomach, they will understand the folly of taking foreign matter, such as medicines, in the hope of repairing the injury done by an unwholesome diet.

The extremes are not the best. Some persons when they find that a reform in their eating produces happier conditions in their health, fly into the habit of becoming exact. They almost go so far as to measure what they eat and drink. This is not right. It would require a very uniform life to warrant exactitude in eating and drinking.

There is always the best health when the extremes are avoided. Do not be too careful. Do not be reckless. If you are actually sick, your degree of care must be greater than when you are well. We have no liking for the crank in matters of health. There is a wide margin for all persons who are not invalids; and this margin permits a great elasticity in habits of eating. If this were not so, humanity would be miserable.

Total ignorance as to the nature of food is paid for by death. All persons should know what they are eating and why they eat it. Two men began life together eighty-five years ago. One was inclined to the belief that any and every kind of food was good enough as long as it was relished; at the age of forty he was a confirmed dyspeptic, unhappy and tortured; at the age of forty-five he died suddenly of gastritis due to an indiscreet dinner. He left fifteen million dollars, and a family who should have had his protecting care for many years longer.

His friend is still living. At the age of eighty-four Russell Sage, full of physical and mental enjoyment of life, set out new flower gardens and helped to tend them. He has never been an extremist in eating. That is, he has not been a crank who limited his diet to a few things carefully estimated; nor has he, on the other hand, been a fool who has eaten everything he wanted when ordinary sense told him to avoid harmful articles. By not being reckless he has enjoyed forty years of life while his friend has been sleeping in the cemetery.

Both these men were so constituted that either might have exchanged conditions with the other, and have met the same

fate. Thus had Russell Sage eaten the same kinds of food that his friend chose, and had the latter adopted Sage's sensible methods, the one now dead would be alive, and the one now living would be dead.

The following facts ought to be kept in mind:

1. There are some kinds of foods, so-called and in common use, that are totally and absolutely unfit for use. If eaten alone for two days they would cause death. Taken, as they are, with wholesome articles, they cause distress and are doing latent injury to the organs and blood.

2. There are some foods that do some good, but more harm than good.

3. There are some foods that do more good than harm.

4. There are some foods that do neither harm nor good.

5. There are some foods that do no harm and all good.

In the golden age of common sense, which may dawn tomorrow if so desired, the foods of humanity will be found only in the last named class. But today the world seeks the first four classes, and the D's thrive:—

The DIET-WRONG brings DISTRESS, DYSPEPSIA, DISEASE, DOCTORS, DRUGS, DEBILITY, DEBT and DEATH.

FOODS OF THE FUTURE

While nature furnishes an abundant supply of nutriment for the human body, the arts of preparing it for the stomach have not yet been fully discovered. The three enemies of life today are:

1. The frying pan.

2. Baking powder and chemicals.

3. Cake and pastry.

This statement is not only Ralston, but it is also the claim made by the United States Government in their Bulletin on foods and food-values.

It is not an easy thing to induce the people to give up these

three enemies; for there are no substitutes to take their places. They admit that fried foods hurt them; that soda, baking powder and new-yeast-bread cause indigestion; that cake and pastry put them out of order; yet all those things tempt the appetite and create pleasant tastes while being eaten; and there is nothing to be used in their stead.

All these years we have been asking for substitutes. The people have been listening. The producers of foods have read our books. Manufacturers have been experimenting; and it is a fact that the "food of the future is now in sight." What is this food of the future? It is any preparation that will conform to the following necessary conditions:

1. It must be wholesome and nutritious.
2. It must be cooked and ready to eat.
3. It must not be chemically treated to preserve its crispness as some crackers, snaps, etc., are at this day.
4. It must be palatable and inviting in appearance and taste.
5. It must contain as little waste as possible.
6. It must be free from tendencies to distress the system, it must be capable of digestion without taxing the vitality, and it must have staying powers.

Since we first began to agitate this subject, numerous foods have been introduced that fully meet all the foregoing conditions, while there are some that do not. It is also a matter of pride to know that professors in leading universities who have made a special study of this question, have declared that the food of the future is to be prepared, cooked, condensed and possessed of keeping qualities. Some of these men are Ralstonites; but others who are not have arrived at the same conclusion without aid or suggestion from any of us.

The evolution of the breakfast food is one of the great facts in this onward march of health interests. At first there were no breakfast foods; then came oats; then wheat; then specialties; until at last the cooked form appeared; and any person

in this year of 1903 who uses uncooked breakfast foods is certainly far behind the times. As we have no interest in the sale of any goods, and write without the knowledge of the manufacturers, we cannot mention names, nor do we ever assist in advertising their products, no matter how valuable they may be; but there are several varieties of cooked flake-breakfast-foods now on the market, and a score more coming, so that Ralstonites can make their choice without our aid.

Uncooked breakfast foods are no longer the best. To be digestible and wholesome, the food for breakfast should be flaked and ready to be taken with cream and milk. It must not require heating, nor soaking, nor sweetening. While cream is to be preferred, milk is suitable. Much distress is caused by the use of grains that have to be cooked. We have not the time to explain the matter here, but any person can make the experiment and ascertain the facts. Countless thousands never know what hurts them, and go on taking the wrong thing thinking it is the right one. Many take breakfast foods that are totally unfit for the stomach; many take grain-made coffee, and wonder why they are in pain; and many eat most anything that is advertised as good food, never doubting the claims of the advertisers.

Other foods, teas, drinks, tablets, and the like, are now on the market. Some are used in the armies of this and other nations. The idea is yet in a crude state of development, but it is the right idea and is sure of universal adoption in the near future. While we mention the facts and the natural principles on which they are founded, we have not made them a part of the Ralstonism of today, for we seek to avoid all steps that are not within easy reach of our members at this time.

CHAPTER SEVEN



The Coming Shape of the Body and the Better Tendencies

SINCE THE BIRTH OF RALSTONISM, with its improving influences, the human body has begun to change for the better. While no one pretends that there will ever be a different arrangement of its parts, it is conceded that there is an opportunity for a material change in its make-up. The bone is fixed wherever it appears; it can neither be made longer nor shorter, thicker nor thinner; but its covering and enfolding masses of flesh, skin, muscle, sinew and cord may be trained to better proportions and more important uses.

Bulk food has done much to interfere with the shape of the body. If man were given to laziness and eating, two tendencies that are overcome by indigestion and the restlessness it causes, he would be a pouch, as are some specimens of Ethiopians. As it is, there are high-livers among the most civilized of our race who are largely pouched; and nearly half of all men and women tend to corpulence in mature age. This is due to bulk food.

It is an old saying that the stomach must be distended or greatly stretched at least once each day, in order to excite its juices to flow and do their best work. This has been so thoroughly and so everlastingly preached for generation after generation that the public have accepted it without question. We believed in it for a long time; but our experiments, made repeatedly and among a large number of people under all

conditions, have convinced us that the old notion was a theory and not a scientific fact.

The truth of the matter is that nature sets in motion the whole machinery of the stomach and digestive tract, even when a crumb is swallowed; and the juices flow just as freely for one mouthful as for a quart. What the stomach most needs is something to do. Bulk weakens it. On the other hand a great quantity of concentrated food would break down its nervous tone, and do it injury.

The chief composition of bulky food is water, with a small proportion of fiber or woody material. Water in quantity weakens the stomach, as is well known in cases of men or women who drink too much even of cool water. Ice water swallowed rapidly lowers the vitality, and this may be detected by noticing the action of the heart after any ice cold beverage has been taken.

The bulk of any watery substance is sure to cause weakness of the stomach, although this result would not appear until after years of such abuse. It is the tendency to which we refer. The most vital and most energetic people of the world are those whose stomachs are small in proportion to the size of the body. The size of the abdomen may be due solely to the sedentary habits of the individual; and largeness in this respect may exist with a small stomach to feed it. We know a man who weighs 250 pounds who never eats bulky food, and whose entire diet is not one-fourth that of the average person. How a person can live on a small quantity of food per day, is explained by the well known fact that human beings, like plants, can draw much of their life from the atmosphere. This law is one of the foundation principles of our Magnetism Club, which is in the Third Temple of Ralstonism.

Bulk also causes much injury to the intestinal system, and nearly all fevers and deaths that originate there are due to the eating of vegetable-water and fiber. Turnips, carrots, beets,

cabbages, kale, cauliflower, egg-plant, bean-pods, greens, and all leaves and roots, are almost nothing but water and a woody shred encasing it. Thus asparagus is about 94 per cent water; beets 87 water, and 1 waste, making them 88 per cent useless; cabbage 91 water; carrots 82 water; cauliflower 90 water; celery 84 water and 13 waste or 97 per cent useless; green corn 88 water and 11 waste, or 99 useless; cucumber 97 water and 1 waste; lettuce 94 water and over 4 waste, or over 98 useless; mushrooms 93 water and 2 waste; tomatoes 96 water; turnips 90 water and 4 waste; and so on.

The habit of eating so much bulk-food has become fixed upon humanity, and cannot be easily shaken off. For this reason we are confronted by two conditions; one of which is based upon the fixed habits of to-day and the other of which is founded upon the true habits of the future when the laws of nature are allowed full sway in human life. It is necessary to understand these opposing facts in order to harmonize the contradictions that are at hand, as may be seen in the following propositions:

1. As long as conditions remain as they are to-day, bulk food will be necessary for the health of the stomach and the general body.

2. When right methods of living are adopted, the use of bulk food will cease altogether and the shape of the body will change for the better.

A change of this kind might be effected in a few years; and it would be a desirable one in every respect. The abdomen is merely a refuse cavity, an ashpit like the dump-box of a locomotive. It is the seat of more maladies than are found in all other parts of the body combined. When a concentrated fuel, or any great energy in small compass, shall be fed to the body it will be able to do away with its dump-box, in part at least, just as the electric locomotive may supersede the coal-and-refuse engine.

The claim is made that the intestinal canal is a digestive

organ. This is true; but it is not a necessary one; for some foods like sweets digest in the mouth through the glands there, while many other kinds of food like beef juice are totally digested in the stomach. The foods that are best for humanity when perfectly prepared, never call for a digestive process lower than the stomach.

The carrying of refuse matter in any part of the body is in accordance with man's animal past; but it is absolutely at variance with his exalted future. It is this refuse matter that requires the liver and kidneys to be in a state of health that is never attained. It is this refuse matter that makes the breath foul, the blood impure, the flesh tainted and the stomach fetid; and all the sweetening tendencies are out-balanced by a load of matter so offensive that it is always abhorred.

In many ways have we met these faults of the body, but never so well as by the Anti-Death measures which constitute a small but important part of Complete Membership, at the fifth degree, in this the first Ralston Temple. Some day in the near future, if not in the next twelve-month, the food will be so well prepared in advance of its sale at the retail stores, that the body's needs will be contained in it without a particle of unnecessary matter; and then a change will come over the whole race.

The stomach and abdomen are very flexible. They are capable of great distention and contraction. The lungs are also endowed with power to contract and expand. No person has ever yet attained sufficient lung-development; although many have distended the air-cells already in use. When the lungs are given their full scope, they will bring an enormous vitality into the body, for life, vigor, energy, power and health are all coextensive with the natural capacity of the lungs.

Deep and full breathing is not possible when the stomach or abdomen interferes, as all persons know; and, in like way, as these parts are reduced the opportunity for upper develop-

ment is increased. Only the flexible portions may be changed in the life-time of the individual; but heredity quickly takes up the new conditions and establishes such other shape as man's habits may decree.

The man and woman of the future will be of more beautiful shape and of far greater power than those of to-day.

THE FALSE SIGNAL, RELISH

There is an immense difference between the surface and the substance of many articles of food. What is called relish is too often taken from the taste of the surface. It is well known that fried food is injurious in its crisp part only, and this is the only part that excites the relish. Bread without dressing is not attractive; it is spread with butter or sweets to give it the taste of something better than it is; and in that condition it is relished.

Carbon in some form supplies all the relish of foods. Carbon feeds the force or energy of the body. It appears in animal fats, vegetable fats, sweets, sugars and starches. To be liked it must be made available. Cold fat is not available so the meat is heated and the fat is cooked; the more the better for the taste. The danger point is reached when the heating proceeds to crispness, and as such the liver refuses to accept it.

Butter is carbon. It is spread upon starch, and that is carbon also; but in the wheat or other grains it is not available; in the baking it is nearly so; and in the spreading of butter upon its surface it is made ready, and is harmless, unless very new. Bread just baked is like fried food, more attractive to the taste, but the liver refuses to aid its digestion and it causes much suffering ere long.

Other carbons such as honey, jam, jelly, preserves, sugar, syrup, and the like, feed the relish and make bread and cakes palatable. If pure they are free from all harm and are beneficial. Store jellies, jams and preserves are generally impure,

as the business of adulterating them is very extensive. The storekeepers are often misled into believing them absolutely pure. The only safe way is to use home-made articles.

There are two things to be remembered. The first is that false relish is aroused by the surface taste. The second is that carbon is the only excitant of relish; and it is in some available form that appeals to the taste, such as fried or roasted fats of meats, cream, butter, sugar, syrups, and sweets of all kinds. Stimulants and condiments are all outlaws.

Sick persons have been told so often that they ought to be guided by their relish, that the principle underlying the matter ought to be stated. When the article of diet that is craved is harmless, it should be given in preference to others; but when an invalid craves foods that are sure to be injurious they should be avoided. Relish is not a guide. It is too often a misfortune, as in the case of tobacco-chewing, alcoholic beverages, crisp fried grease, new bread and other things.

THE FRYING PAN

The liver will not act upon any fried grease, nor upon any crisp surfaces. It stagnates in their presence. The yellow bile is forced into the blood. The face is of bad hue. The breath is foul. The blood is tainted. The individual is bilious.

The danger of the frying pan is increased in proportion as the hard grease surface is great. Whereas in the case of potatoes, the food is merely warmed in fat, and there is no attempt to get them crisp, there is no harm; but the same potatoes if fried until the surfaces are browned, would do some injury; and if sliced thin and fried like "chips," the entire potato-value is turned into a product the danger of which is 100 per cent; that is, it yields no value as food, and is all harm. In like manner fried cakes, doughnuts, meats and other articles, similarly cooked, are injurious, although they please the taste.

CHAPTER EIGHT



The Science of Eating

✧ WHAT FOODS ARE COMPOSED OF ✧
✧ ✧ ✧ ✧ AND ✧ ✧ ✧ ✧
✧ HOW THEY MAKE THE BODY ✧

FOOD SUPPLIES the whole life of the body. The latter is composed of fourteen elements, every one of which must be constantly supplied.

If any one food-element is omitted, ill health follows. Thus if all the minerals are not furnished the disease known as rickets would result. The food-elements should be supplied, as nearly as possible, in their due proportions.

The body is about three-fourths oxygen, which is the most active of all. This activity is required to keep the body alive; for life itself is activity. The act of living is the chemical burning of the body; this produces heat and heat produces power.

The body is composed of cells united in many ways. A drop of blood contains millions of food-cells which are supplied by the nutrition that is daily taken into the body. The stomach extracts these cells from the food, they pass into the blood, and the latter by its circulation carries them to every part of the body.

The vitality of the body draws them into the organic structure, and is really the builder of the body in all its details from the greatest to the smallest. When the vitality is lacking, or is of low degree, the very best food in the world will not be assimilated.

The food-cells make muscles, nerves, bones, flesh and everything else that makes up the structure of the body. The day's activities are performed by the burning up of these cells. Thus, the raising of a finger burns a great number of them. Hard thinking consumes them. Lifting a heavy weight burns countless millions.

Wherever activity is greatest the consumption by chemical burning is likewise the greatest. Wherever this consumption is greatest, under normal conditions, the blood is most eager to offer a new supply, and so rebuild at the place of chief activity. If the vitality is low the new supply will not be assimilated, and atrophy will follow even in the presence of the best food.

The quality of the new supply depends upon the quality of the food that enters the stomach. Improper food always lowers the vitality, and its use, through a long number of years, gradually undermines the health, so that in time it is almost impossible to get nourishment from pure food, as the warning is received too late.

The method then to be adopted is to prevent further injury to the vitality by improper food; and, at the same time, to take decisive steps for rebuilding the vitality. When these two methods can be united, or made to work together, it is possible to rebuild the human body, even in parts that are subject to the inroads of disease.

The fourteen elements of the body are: 1, oxygen; 2, carbon; 3, hydrogen; 4, nitrogen; 5, calcium; 6, phosphorus; 7, sulphur; 8, sodium; 9, chlorine; 10, fluorine; 11, iron; 12, potassium; 13, magnesium; 14, silicon.

The first four elements constitute what is known as protoplasm, which is the basis of all life everywhere, whether in the animal or vegetable kingdom. Pure blood is very nearly pure protoplasm; so that the other ten elements are merely incidental, although absolutely necessary, to human life. It is by variations that are very slight, that one kind of life

differs from another, that the oak differs from the rose, or man differs from the insect.

While oxygen furnishes the means of activity, carbon furnishes the heat or power, hydrogen supplies the medium of change, and nitrogen the fibrous material that builds the tissue by which the parts are held together.

The minerals furnish materials for bones, hair and minor details; and assist in digestion and other processes that are going on in the body. Oxygen enters the body through the air that is breathed, the water that is drank, and the foods that are eaten.

About seventy per cent of the food substance supplied each day should be carbon; and this is found in grains, flours, sugars, fats, and oils. The harder the work of the muscles or brain, the more carbon is needed, and physical energy comes from no other source. But the real vitality of the body must exist behind this energy.

Nothing is food unless it is found in the form of life-cells; and these life-cells are created or originated solely in the vegetable kingdom, although they may be transformed through other flesh into the human body.

Everything else, except that which exists in the form of life-cells is inorganic; and it is dangerous to put inorganic substances into the stomach.

The vegetable kingdom consists of trees, plants, grains, fruits, berries, vegetables, etc.

The animal kingdom includes all meats such as beef, lamb, pork, fowl, fish, milk, eggs, butter, honey, etc.

Foods are divided into flesh-builders and heat-producers; and the two are valuable when taken together at the same meal; but they lower the vitality and fail to give the expected benefits to the system when taken separately.

It is for this reason that sugar, or confectionary when eaten on an empty stomach is injurious; and the flesh of meat, which has been deprived of much of its juice, will poison the

system and, if its use is long continued will result in starvation.

The best meal is that which consists of carbons mixed in due proportion with flesh-builders. The latter we call nitrogenous foods, and chemists call them proteids.

Prompt digestion is necessary to health and mental brightness. It is the result of a chemical balance existing between the alkaline and the acid. When this balance is disturbed indigestion follows, the stomach being generally too acid, which results in gases, flatulence and fermentation.

The membrane of the stomach must be in a normal and healthy condition, or good digestion will be impossible, and the whole body will suffer in consequence. This membrane is injured by minerals that are in an inorganic state, by medicines, and by all stimulants, such as coffee, tea and alcohol. An injured membrane cannot properly digest any food.

This membrane, or lining of the stomach as it is properly called, is also injured by carbons such as starches, sugars and fats taken out of balance with flesh-builders. It is for this reason that canned fruits, raisins, cakes, pastry and sweets, when not balanced by flesh-builders or nitrogenous foods, produce sickness at the stomach, loss of vitality, poor blood and disease.

The saliva of the mouth, if not acid, will quickly digest starch foods that are thoroughly chewed; and a tender stomach is greatly benefited by this process. On the other hand the rapid eating of starchy foods, of which bread is the most common, leads to indigestion, soreness of the stomach and weakness of the system.

The human stomach has a strong preference for carbons, and these are generally eaten with too great rapidity. They, therefore, cause a double injury; first, by not being sufficiently balanced with the flesh-builders; and second, by being too hastily eaten.

CHAPTER NINE



Cereals and Grains

THE OLDEST AND BEST FOODS OF LIFE

CEREALS ARE RIPENED GRAINS and are called starchy foods. They are eaten in three forms: flours, meals and breakfast foods.

They are man's best foods at the present day, and are the only eatables that keep themselves; as, under proper protection, they will last for many years without decay.

The cereals in common use are wheat, corn, rye, rice, barley, oats and buckwheat. These seven cereals are used in various ways; some are ground into flour, others into meal, others made into breakfast food, and all of them enter into other special forms.

Wheat produces white flour, perfect flour, whole wheat flour, bran and breakfast foods. Wheat breakfast foods are cracked, rolled, shredded and ground.

The only suitable breakfast foods of any kind that are free from dangers, are those that are capable of long cooking, which means that they must be subjected to great heat for not less than one hour.

When cooked for less than an hour, they may be soft by reason of the fact that the food-cells are separated from each other; but this does not imply that they, the food-cells themselves, have been opened by the cooking process; hence brief periods of cooking, which soften the breakfast foods, do not render them digestible.

Very little nutrition is obtained from any of the breakfast foods now on the market, owing to the lack of sufficient cooking. This statement does not apply to some of those that are in cooked form when offered for sale.

The use of cooked breakfast foods is rapidly increasing in this country. The best of them are subjected to a slight malting process which renders them easily digestible and they are thoroughly cooked before they are offered for sale, some in one form and some in another. On account of their thorough preparation at the mills they are much better than the uncooked foods.

It is necessary to avoid some of the cooked cereals now on the market, because their chief purpose seems to be to appeal to the taste. Some of these are of a light color and resemble pastry or rich crackers; they lead to indigestion.

Many of the most wholesome breakfast foods are improperly cooked at home, and are rendered unpalatable. It requires skill both to cook and to serve them; and this skill is lacking in almost every instance. The same cereal may be rendered unattractive to the taste by ninety-nine housekeepers, and yet made delicious by the one hundredth.

Some of the coarse looking breakfast foods seem to be too rough for the system; but this is not always true. The rougher kinds are generally ground rather fine; whereas the finer kinds are left coarse. This is true of cracked whole wheat, from which the hulls have been removed. It is sold in bulk and not in packages.

On the other hand graham flour, which contains the hull, bran and all is ground as fine as possible; and yet it is very dangerous to the health.

Certain so-called malted breakfast foods are subjected to the malting process to an extent that deprives them of much of their value as well as palatability.

It is best to start the malting process, so as to change the chemical character of the grain; and then let it cease. This

is the method employed in preparing some of the dark colored cooked flaky breakfast foods now on the market.

Several forms of malted milk made from selected grains and condensed milk, which have been subjected to the slight malting process, are coming into use as a means of health. They can be taken as a drink by adding three parts of hot water to one part of the food. They are also eaten as a powder sprinkled on bread which has been slightly buttered, or without the butter.

Malted foods as a rule are easily digested, and aid in the digestion of other foods.

Cereal breakfast foods are best taken with a very slight addition of thin cream; but milk should not be used abundantly with them, as the combination is not always easy of digestion. The rule for eating milk is to let it predominate in the proportion of nine parts to one of other food, or else the reverse of this.

As we have said the quick cooking breakfast foods should be avoided. Let them be subjected to the greatest possible heat for fully one hour; and, if this renders them too mushy let them be put in a very hot oven and almost browned. This method is entirely new. It renders the most unpalatable breakfast foods quite inviting and delicious.

Care should be taken to avoid the very dark brown and the very light colored preparations. The former contain bran which leads to catarrh of the stomach and intestines and has caused death. The latter is a weak form of flour that is incapable of making good bread, and is as injurious as pie crust would be if taken as a breakfast food.

It is a common practice to-day to put up the refuse of mills in attractive packages, and advertise them very boastingly, claiming that they are equal to beef in nutritive value, and capable of building health and strength. The fact is, they are worse than worthless as food and yet the public are deceived into paying high prices for them.

CHAPTER TEN



Bread and Flours

* HOW THEY ARE COMPOSED	*	*	*
* HOW MADE AND COOKED	*	*	*
* THEIR VALUE UNDER BEST CONDITIONS	*		
* WHAT TO AVOID	*	*	*

LIFE IS BUILT MOSTLY OF the bread that is eaten, and the higher up the scale of civilization a people may come, the more wheat they use. This is a universally proved fact. The coarser the diet, the rougher and cruder will be the people and their minds and bodies as well.

When grains are ground as fine as possible they are called flours, and bread, cake and pastry are made from them. Wheat produces the most common as well as the best of these flours.

Wheat as a grain consists of starch and six coats or layers that cover it. The three outer coats are known as bran; this is indigestible when it enters the system, but bran water which is obtained by soaking it is very wholesome and nutritious.

Graham flour consists of the starch with all six coats ground with it. Some unprincipled millers have been in the habit of extracting the starch, and selling the wheat-coats as graham flour.

Most of the whole wheat flour now sold on the market makes soggy bread; and all soggy bread is injurious to the stomach. This may be easily tested by the efforts of any good housekeeper.

Flour made from the starch alone, while it makes light rising and very white bread, is a severe tax on the digestive organs.

Perfect flour is made from the starch just mentioned ground with the sixth inner layer of the wheat. This flour has a faint delicate yellow tint. It is not produced in its perfection in this country, although one or two brands of the light yellow grade have been on sale here for twenty or thirty years.

This perfect flour was recently introduced into Europe, where it originated, and is now taking the place of nearly all other kinds. It is ground by the Schweitzer process, and many families have small mills at home. The grain is ground fresh two or three times a week as needed, which gives the bread a much more delicious flavor.

So appetizing and strengthening is this kind of bread, that the hardest working laborers of Europe can subsist upon it day in and day out without the use of other food, except white potatoes. The two go together as a complete combination of all the elements needed by the body.

So valuable is the Schweitzer process of making perfect flour that the United States Government, in its reports is recommending it for this country; and the time is not far distant when home-made perfect bread, from home-made perfect flour, will be the chief article of food in America.

The starch of the wheat furnishes the carbon that is needed by the body. The nitrogenous element is found in gluten which is a gluey substance. It is tough and very elastic, and any gas will stretch it open into large cells like sponge.

This process is called raising it. Fermentation, as well as certain chemicals, will generate a gas that will raise bread. Yeast is the most favored of the ferments; it unites with the starch and produces carbonic acid gas. This gas is the kind of poison that comes from the lungs as foul air. For this reason new bread is not good.

The gas, however, escapes in a few hours. Toasting new bread drives it out; and this is the most wholesome way of eating it. Yeast powder is not good as it leaves a mineral in the bread. Baking powders do the same thing; and if perfect health is desired they should not be used either in bread or cake.

The other grains contain gluten but it is much more elastic in wheat. Corn cannot become a good loaf producer, although it stands next to wheat in nutritive value. Rye stands next to corn in value but makes better bread.

Alum is the cheapest of all bread raisers, for which reason it is used extensively by bakers. It is a slow poison and remains a long time in the body.

Owing to the abundance of carbon in corn, this grain is considered too fattening; but hominy is a form of corn in which this objection is not present. Sedentary persons should not eat corn but may take hominy instead.

Rye is rich in starch but is not a complete food like wheat or corn. Being an unbalanced food it leaves a craving for stimulants. Wheat and rye combined in the proportion of one-fourth rye to three-fourths wheat flour produce a very palatable and nutritious bread. In France this mixture is called meteil.

Barley is very indigestible, except among people who live out of doors most of the time and are very active. Pearl barley is mainly the starch taken from the grain, and is the only form in which barley can be used in this country. In soup it is very nutritious and easy to digest.

Oats were the chief grain food of Europe for two thousand years. They lack gluten and therefore make very poor bread. They contain an indigestible cellulose which is not suited to the human stomach, except after hours of cooking.

Oats also have a bitter juice that poisons the liver, causes heart-burn and palpitation. Out-door air and excessive activity overcome these faults.

The best form of oats is found in what is known as the true Scotch groats. Most of the so-called Scotch groats are not genuine. When properly made the husks are all removed and the remaining grain is parched, leaving a very delicious food. Most millers leave the husks on and these are very injurious.

For the same reason breakfast food oats do more harm than good.

Buckwheat is the least valuable of all the cereals; it is the most unbalanced having no all-around quality. Its one sided sweet nature causes pimples on the face; and buckwheat cakes are the cause of many bad complexions.

Rice is the most easily digested of all the cereals but does not possess the staying qualities that are needed, and is not valuable unless eaten with other food. It is unbalanced, but produces no injury except a deficiency of nutrition. It is best when eaten with freshly caught fish, or with eggs, soups or broths.

Rice is a clean food that helps to make pure blood if it is properly balanced by other articles of diet such as those we have mentioned.

Tapioca is made from the manioc plant and is a purified form of cassava. It is almost pure starch and makes a good flour and a good bread, but is an unbalanced food, and should be eaten with other kinds in order to be beneficial.

Pearl "tapioca" is one of the greatest frauds of food manufacture for the reason that it is made from potatoes, and prepared in a form that is not only lacking in nutrition but is also dangerous to the system.

"Pearl tapioca" when cooked, produces a gummy, soggy mass, and cannot be made into palatable puddings without a great deal of artificial dressing that serves to hide rather than harmonize with it.

Sago is made from the pith of certain palms. It is more refined than pure tapioca and of better flavor. Like

the latter it is easily digested, and nutritious when properly balanced.

Mosses are slightly nutritious and readily digested. Iceland moss is the best; but Irish moss and certain kinds of sea weed are also good, but all must be purified first.

Crackers are digestible if not "doctored." Most of those on the market are half pastry, and are therefore not good. Others are chemically treated to enable them to keep crisp for a long time; they are very injurious and, if eaten in quantity, will cause pain in the stomach, heart burn and vomiting.

Water-crackers or any of the common kinds are free from injurious effects but should be masticated a long time before being swallowed. Package crackers are not the best and the fancy kinds are almost invariably made with alum.

Cakes put up in packages, as well as other fancy articles of food are generally made with alum and are therefore very injurious.



CHAPTER ELEVEN



Vegetables, Roots and Tubers

✧ FROM EVERY SOURCE IN NATURE'S REALM ✧
✧ NUTRITIOUS FOODS AND POISONS ARE FOUND ✧

STRENGTH COMES from what is eaten, yet disease and death find their first cause in the errors of selection and the faults of cooking. Not all things that go by the name of food are fit for the body, for dangers lurk at every hand.

All foods that are not animal belong to the vegetable kingdom. Vegetables is the popular name for roots, tubers and green stuff. When eaten in a greater quantity than is necessary for balancing the other lines of food they make the system alkaline.

On the other hand excessive meat makes the system acid. The counter influences of alkali and acid are necessary for health. One should neutralize and destroy the other so that neither is prominent.

A little less than half, or about four-tenths of the daily food should be vegetables; five-tenths, or more, should be cereals, including flour, meals and other forms of the grains; and one-tenth, or less, should be from the animal kingdom.

The proportions just given are for that class of people who call themselves meat eaters. In so far as they increase the quantity of meat beyond that stated, they invite acidity into the system, and this leads to rheumatism and kindred troubles, besides poisoning the liver and kidneys.

Persons who eat more than one-tenth in weight of meat

each day, should lessen the quantity at once, but should not discard the use of meat altogether unless they do so very gradually. Sudden changes in the diet lead to weakness and derangement of the system.

While vegetables and the cereals both belong to the vegetable kingdom, we speak of the former as the roots, tubers and green stuff which are popularly so called.

They furnish bulk in order to prevent a too concentrated diet; but, as the grains have come more and more into use in the last few centuries, and are eaten more now than ever before the watery vegetables are no longer needed; for they served to counteract the effect of excessive meat eating in age when mankind was compelled by necessity to depend upon animal life as the chief article of diet.

At that time it is probable that more than one-half of all the food eaten consisted of flesh. Owing to the great activity of the lives of the people and to their constant outdoor occupations, the ill effects of meat eating were thrown off, and the acidity overcome by the watery vegetables and fruits. But cancers were very common then and the heritage still remains.

Cereals and grains do not furnish a concentrated food, unless the starchy part alone is used; and, in proportion as meats are eaten in addition to the cereals four or five times the weight of the flesh so eaten should be the amount of vegetables taken to balance them.

Meats constipate, if they are in good condition; grains, bread and starches, as well as sugars, tend slightly toward constipation; but vegetables have the opposite effect. Coarse vegetables are too rough for the system, and irritate the intestines besides weakening the body. We doubt if they are useful even for the purpose of relieving constipation.

Uncooked vegetables generally contain unopened cells that are indigestible. Some of these cells are opened by nature in its process of ripening. Others are not opened except by the most thorough cooking.

Peas, beans and lentils are best when green. When ripe they have tough envelopes that can never be digested, and they cause considerable distress on this account. They are called vegetables when green; but when ripe they should be classed as grains. Some day a process will be found for removing the tough envelopes, and they will then furnish foods that will take rank with the most wholesome that can be had.

Green peas, beans and lentils are valuable when they are not too far advanced toward ripening. In the latter case they should be made in the form of soups or stews from which the tough coverings may be removed by straining. When this is done they are found more nutritious and valuable. Green pea soups as well as those made of green beans and lentils have been coming into vogue of late years, and are prepared in the way we have stated.

With the exception of wheat no more valuable grains can be found than dried peas, beans and lentils, if the tough covering could be removed. As it is, they are most serviceable in their present condition when cooked in thick porridges; and, as such, they do very much toward establishing good health. As they are not heaters, they are very valuable as summer grains before the new crops arrive; or even as a means of change from the latter.

Baked beans are hard to digest on two accounts; first, on account of the tough envelopes which surround them, and also on account of the fat being baked in the beans.

Split peas are generally free from the envelopes referred to, and are then nutritious and valuable. They do not appear upon the table as often as their merits require.

Beans, peas and lentils are often referred to as vegetable-grains, on account of their performing the office of green stuff when used in an unripe condition. Even when fully ripe they are deficient in heating elements, are served to keep the body cool in summer, as we have already stated; but this deficiency requires that they be cooked with some fat. In the

winter they require considerable fat to balance them or they leave the body cold. These facts are of such importance that they should be made use of in harmonizing the foods with the seasons of the year.

Green corn does not perform the offices of a vegetable; and, when very green is indigestible. As it approaches maturity it becomes more suited to the system.

Canned corn is also indigestible, and should never appear upon the table. It passes through the system in an unchanged condition.

Tomatoes are best when raw, but should not be eaten with much vinegar. While they are not nutritious they are often appetizing. Some persons eat tomatoes in a variety of forms, cooked and uncooked. They must remember that these apparently harmless vegetables contain oxalic acid.

Rheumatism is caused by uric acid in the blood, and this is caused directly by the presence of oxalic acid which comes from tomatoes. During the tomato season, which in some cases lasts the year round, the frequency of rheumatic and neuralgic pains keeps pace with quantities of tomatoes that are eaten in one form and another, in persons who are predisposed to such maladies. When tomatoes are omitted altogether, the pains are lessened.

It must not be supposed that rheumatism and neuralgia are chiefly due to this vegetable. There are three great causes of rheumatism; the first of which is excessive meat eating, the second is the use of sweets and acids combined together, and the third is the presence of oxalic acid. The habits of some persons tend to drive the accumulating urea out of the system before it has time to take the form of the indissoluble uric acid.

Potatoes lead all vegetables, and the white potato is almost equal to bread made from wheat. Potatoes must be cooked in such a way as to be mealy and not soggy. In the former state they are very wholesome and easily digested unless they

are fried to a crisp. If soggy, heavy or waxy they are wholly worthless.

Very young potatoes are not good as their cells are undeveloped. Very old potatoes get waxy and lose their value. In keeping potatoes they should not be allowed to remain in the light, as they lose their flavor; nor should any be used that are green in color, for they are slightly poisonous. Sprouts should not be allowed to grow upon them, but should be removed as soon as they appear. When they are partly decayed, even the better portion of them should not be used.

Potatoes should not be raised in damp or wet soil. They are best produced in land where sod of heavy growth has been turned under.

Baked potatoes are the most nutritious and digestible. If boiled, the skins should remain on until done. A potato that does not burst the skin while boiling is not mealy; it gets soft without developing the cells.

Fried potatoes, if mealy, are digestible except at the surface; if soggy or solid they are unfit for the stomach. Thin fried chips are very hurtful. Mashed potatoes are excellent if not heavy or gummy.

Sweet potatoes contain some nutrition but are very hard to digest. They should never be eaten except when very mealy; and invalids should avoid them altogether. The yam, or red sweet potato is more valuable.

Beets consist mostly of water, with a little sugar and starch. When young they are excellent as a balance; but when old they have but slight value.

Carrots have some nutrition but should be young and tender. When old they are good only for flavoring. The same is true of parsnips.

Turnips should be discarded altogether, unless they are desired for flavoring soups and stews.

Salsify, or oyster plant, is easily digested and of some value.

Radishes are a relish merely. They have no food value and are indigestible, nor do they serve as a balance for concentrated food. Death has quickly followed the overeating of them.

Cabbage is wholly indigestible and has no food value when old. Young cabbage may be digested by strong stomachs, and serves as a balance; but invalids should never eat it in any form. Sauerkraut and cold slaw go through the body unchanged.

Cauliflower, if well cooked, can be digested by strong stomachs; but dyspeptics should let it alone.

Lettuce is good with vinegar and oil, but very little of the vinegar should be allowed to enter the stomach. When used with salt only it is still better. Without the oil it serves only as a balance; but with the oil it has a food value and is good for invalids being especially useful in diabetes. It will prove a medium for introducing a larger consumption of olive oil, which will some day take the place of animal fats in the foods of mankind.

What is said of lettuce is equally true of cresses.

Celery has an appetizing flavor, but lacks nutriment. It is best when cooked in milk until very soft. Eaten raw it serves as a balance; but should not be used by invalids. Celery salt is excellent for soups and salads.

The celery preparations sold at the drug stores are based on a notion that was once popular and ascribed to this vegetable a nerve soothing and quieting power; but this claim is entirely without foundation. There is nothing in celery that has nerve value nor is it a stimulant.

The egg-plant is related to the tomato, but has less value. It is harder to digest, and when fried crisp it is injurious.

Cucumbers are wholly indigestible, and have no value as a balance nor do they contain nutriment. If the vitality of the body is very low they cause violent diarrhoea. All weak stomachs should avoid them.

Pickles or pickled cucumbers serve no purpose whatever, and should not be allowed to enter the system. The vinegar with which they are saturated destroys the red corpuscles in the blood and leads to anemia.

Asparagus is excellent when young and tender. The green part is resinous and should never be eaten. The white part is easily digested and is good not only as a balance, but has a special value for the kidneys and associate organs. While it does not possess much nutriment, it should be remembered that most vegetables lack nutrition and yet they serve great usefulness.

Rhubarb is excellent if the eater of it has no tendency to gout or rheumatism. Being very acid it requires sweetening, and this renders it a danger in the maladies referred to.

Squashes take a very high rank as a vegetable used to balance concentrated foods. Pumpkins are more bulky and have less food value.

Onions, garlic and leek are all related to each other. They contain some food value, which is increased when they are cooked in milk. Raw onions are totally indigestible, and are craved by persons with morbid intestinal conditions. Pickled onions are valueless and hurtful.

Old onions are hard to digest; those two-thirds grown are best. If the bowels are out of order the odor of onions will remain in the breath more than six hours.

Cranberries cause uric acid and rheumatism.

The value of a vegetable cannot be determined by the quantity of food it contains; for there are some like squash that have very little nutriment and yet are needed for the purpose of balancing concentrated food and especially of counteracting the dangers of meat eating.

With such a means of balance meat becomes helpful to the body as long as it is less than one-fourth in weight of the vegetables eaten, and less than one-tenth in weight of the total daily diet.

CHAPTER TWELVE



Meats and Fish

✧ LIFE THAT HAS EATEN LIFE ✧
✧ IS NOT FIT FOOD FOR MAN ✧

THERE IS NO SUBJECT upon which so much ignorance is displayed as that which deals with food taken from the animal kingdom. As a general classification it may be said that food that does not belong to the vegetable kingdom is animal.

Thus fruits, grains, grasses, vegetables and nuts belong to the vegetable kingdom; while meats, fish, fowl, milk, butter, cheese, cream, eggs, and honey are all animal products, although some of these are closer to the vegetable kingdom than others.

A **vegetarian** is a person who avoids all animal products; and, while he may be right in principle, he loses sight of two or three facts that cannot be safely overlooked in making the change from one class of foods to another. To suddenly alter the diet is always productive of danger, except where the person is already in a dangerous condition. In the latter case the trouble would be due to an excessive use of meat or of green vegetables.

Man's hold upon this planet has been retained through every kind of vicissitude and danger; and, by the offices of Nature, he has resorted to any makeshift that sufficed him in each period of struggle. Being a form of flesh, he has been compelled to eat it or die. For this reason his stomach and

digestive apparatus are so constructed that he can live on almost one class of food alone, or on any two or more, or on all together.

He is capable of an exclusive diet of meat, or of a diet part of meat and other foods; or he can go from birth to death, a hundred years or longer, on the other foods, never knowing or tasting meat. Such are the provisions which Nature has made for his means of digestion.

The evidence when fully examined is conclusive that the use of meat was intended as a makeshift; that is, to tide man over in those eras of vicissitude when he would have perished but for its aid. Birds, fish and animals were abundant at the time the Pilgrims landed in this country, and their presence made the foundation of modern republics a possibility. All other foods were scarce and hard to obtain.

Humanity in Europe were meat eaters to such an extent that hunting was the great profession of men for two thousand years, and probably more; and as we go backward through history, we find them growing steadily savage. Life was always in danger, and so unsafe that any person might expect his death at any minute. The only tribes or nations that were not known as barbarians were the grain eaters of Greece and Rome in their classic days, out of whom came the best brains and best athletes of any age, and the Caucasians of Asia who limited their use of meat, thus making themselves gentler and preparing the way for the sublime works that rule the world to-day.

If you give a piece of meat to a kitten, using such meat as is found on the plate at the ordinary meal in any house, the results may destroy the nervous balance of the animal and send it into convulsions. The experiment has been tried many times, and, although felines are natural meat eaters, caring little for anything else, it has been necessary to limit them in youth, to save crazing them by nervous derangement. Dogs fed on meat are ferocious and dangerous, and what is

called madness is not only due to, but can be incited by, too heavy a meat diet from early youth.

Some parents give meat to their children in infancy, not knowing that the longer this kind of food can be withheld the healthier, gentler and more moral will be the lives of the boys and girls, especially at the crucial age of young manhood and young womanhood. Among children from two to five years of age, hundreds of deaths from convulsions have been traceable directly to meat eating, and nervous hysteria from overstrung temperaments in the young will be found due to the same cause, or else to indiscreet meat eating by mothers who nurse their children.

That misuse proves dangerous does not argue against the proper use of anything. The richest blessings of life turn upon us when trifled with. In the present question there are certain laws which it is more wrong to disregard than it is right to eschew a valuable evil. Let us see what they are:

1. Persons who have depended for strength upon the meat-digesting ability of the stomach cannot safely shift to a non-meat diet without a long process of change, involving great care. It is better that they continue using the preferred meats.

2. Persons who have decided to leave off meat eating should know what that means, for the equivalents of meat must first be secured in digestible form, and it is very hard to find such food.

3. The safest way is to begin by discarding all unfit meats, thus coming at once to the kinds that are wholesome. A further elimination may then be determined upon at a later period.

The meats used by mankind are of various classes, and may be arranged in different ways; but the two great divisions are as follows:

1. The meat of vegetarian animals.
2. The meat of flesh-eating animals.

The word **animal** applies to any life that is not a part of the vegetable kingdom. Thus, fish, fowl, birds and insects are animals in the same sense as man and beast are. So fruits and grains, by this division of science, are of the vegetable kingdom, as are trees, plants, flowers and garden vegetables. A vegetarian is a human being or any animal life that excludes meat from its food.

The meat of a flesh-eating animal is a cancerous poison. We propose to state some facts that are too vital in their importance to remain dormant any longer. You who are interested in getting down to the solid truth take the time, if you will, to experiment, and place the results of actual knowledge against the arguments and theories of science. We do not say that science itself is wrong, but it is true that its conclusions are often incorrectly assumed, and other scientists have been at work refuting them year in and year out.

Some animals will not eat flesh. Take those that will: a hundred cats, a hundred dogs, a hundred hens and a hundred hogs. Feed some of them from birth with vegetarian diet, and their flesh, barring the taint of ancestry, will be wholesome. Feed others of them all the meat they will select by choice, allowing them all kinds to draw from at will; kill the latter and feed it to meat-eating animals and sores will break out on the body.

The vegetarian animals are those that produce the preferred meats, such as beef, lamb and venison. Of these the first two are the only kinds in practical use. You see the limit is very narrow. As soon as you take flesh that has been fed on flesh, your blood will go to pieces, and pimples, sores, ulcers, tumors or cancers will form in the tissue of your body. **There is no other cause of these maladies.** Cancers often lie dormant until called out by such diet. Sores and pimples resulting from the use of such meat also lie dormant until there is an excess, or overheating, or too much carbonaceous food excites them into life. Thus, nearly all athletes of this age

have boils or ulcers, due to excess of practice on a bad previous meat diet.

Animal life that feeds on meat cannot be safely eaten. The Bible made such indulgence a sin, the course of which followed into succeeding generations, as bad blood is not easily driven out. A hog will eat flesh wherever it can get it; besides which it roots by preference in filth and devours the most unclean stuff it can find. Let these habits be changed; keep the pen in better condition; serve as clean food as you give the cow; and the flesh of the hog will be enhanced in value a thousand times, while the blood dangers that arise from eating pork will be decreased. These are facts of fearful import which a few simple experiments will prove and place beyond the realm of doubt.

Meat includes the flesh and the fats of animal life, as well as their products, such as milk, cheese, cream, butter, eggs, honey and gelatine. Of these, honey is the farthest removed, and should not be considered as involving any of the properties of meat. Gelatine is made of anything that comes from the animal that is not fit for something better, as skin, hoof, tissue and cartilage, and diseased, dead as well as decayed, animals serve in its production. It has a very slight nutritive value; yet the body of most of the store soups is made of this stuff, which people eat and wonder why it does not afford them strength.

Milk contains the whole animal. If it is of the cow, it carries in its stream the whole make-up of the cow, as the mother's milk conveys all the elements and combinations needed by the child to make its body. Its dilution alone renders it insufficient for a grown person; yet it should form a part of the food of daily life. As the strongest man and woman must in digesting each meal convert the food into milk before it becomes blood, it is important to assist such process by the use of cow's milk, and various experiments show that this is helpful. The best way of taking milk is

with some of the grains, and this will be spoken of in another chapter. It is known that a very little milk will aid the digestion of starchy foods, as flour, rice, potatoes and wheat. Governments that have armies and wards to feed have sufficiently tested the question to settle it. The most strengthening of foods are the preferred grains; yet these fed in any way except with a slight addition of milk are not as nutritious, even in their own qualities, as when eaten with the milk. The latter may not yield any strength, yet it brings out the energy of the grains.

The Scotch Highlanders are a hardy, muscle-toughened nation of men, women and children. They eat very little meat, but depend largely upon grains, such as oats and barley cooked with milk, of which the well known porridge takes highest rank. A sect among the Swedes make their chief diet upon grain and milk. They are described as, "tall, well formed, unusually powerful and of perfect health." This matter is more fully discussed in a chapter devoted to grains. We agree that milk should not be the chief, nor even a main article of diet for a grown person. Its office is the development of young children.

Cheese is concentrated food, but not to such an extent as is supposed. The babe that lives upon milk must turn the liquid into cheese in the stomach; and rennet, which is taken from the stomach of a young animal, is employed for the purpose of curdling milk in cheese making; thus showing the the process of digestion to be the same as that of producing cheese as far as milk is concerned.

New, mild cheese made of rich milk from which no cream has been skimmed is the best article of animal food that exists, and is the least used. We have seen farmers' families eat it like bread. The trouble with store cheese is its age and sharpness; it is old and "strong," and is not only unfit for the stomach, but is not craved, and cannot be endured except by coarse-grained appetites.

Cheese has no equal as a food if it is made as we have said, and is mild. All persons can digest it, from the babe to the octogenarian. It is easily assimilated by delicate stomachs, except in very rare cases, and then it may be taken in small quantities at first and increased little by little. Never use old cheese nor strong cheese. Never use cheese that has a bad odor, sometimes slight, and seems damp and clammy, or soggy to the touch. It is full of animal decay, the worst of all.

Foreign cheeses are made of this stuff, dried out and pressed as hard as possible. Avoid them. Let us get back to the mild, health-giving cheese of our good old homes; made of rich milk, cream and all, and eaten when newly seasoned. It is to be deplored that such food has gone out of use. Like all the wholesome dishes of better days, it has given way to the "long-keeping" articles to meet the demands of trade. This is wrong. Trade is destroying health. Trade has lessened the use of fruits, man's special blessing, by substituting those of little nutritive value. So with cheese.

Cream is an animal fat consisting of oil cells which contain buttermilk. So-called churning breaks open the cells, releases the buttermilk and allows the fat to collect by itself as butter. The system needs some such food, although it is not classed among the nutritious list.

Buttermilk contains more of the strength-giving qualities of the milk than all the rest of it combined, although it is better when taken in cream and sweet. We do not recommend sour buttermilk, and the other is not easily procured unless the butter is made from sweet cream.

Honey is a product of the animal kingdom, but has nothing animal in its nature. It is a highly vitalized sweet, having valuable qualities as a syrup when eaten on whole wheat bread, toasted. The comb should be completely separated from it, and no part of this indigestible gum should enter the stomach.

Eggs are a problem. We have the fixed principle that the product of a flesh eating animal should not be used, and science, experiment and the teachings of the Bible all concur in the correctness of this law. The egg is largely composed of meat eaten by the hen; she is not only fed at times upon flesh, but spends her spare moments hunting for worms and insects.

Eggs so produced are undoubtedly poisonous to the blood, and it cannot be argued that they are merely albuminous, for there is within the shell the material out of which the full-fledged chick is made—flesh, bones, skin, eyes, beak, feathers, toes and all; a rearrangement of the particles being necessary to the formation of the life.

Cooking the eggs does not destroy the poison, for heat will not kill the pabulum on which germs feed, and it should not be planted in the blood of a human being to attract fatal bacteria. The latter are everywhere present waiting merely for opportunity. Cancers are the most to be feared of all maladies. While they are described as bacterial life, they cannot exist unless the condition is ripe for them.

The flesh or product of animals that have been fed on flesh will provide just that condition, that taint, that pabulum or food which will invite the cancer germs. Not only is this the conclusion which history places upon the use of the products of flesh-eating life, but there is overwhelming evidence that it is true at this time.

Deaths from cancer have been associated with excessive egg eating. We have collected what information we could, and have been surprised at the fact that more than what should be an ordinary average of victims have indulged in raw or soft-boiled eggs, thus enlarging the chances of danger. Boiling will kill most bacteria, but not the pabulum on which they feed. The product of flesh-eating animals furnishes such pabulum. No disease germ will thrive without the pabulum necessary to its increase.

Pabulum is a word used by scientists to mean food for bacterial life, and other kinds also. The germs of disease are always waiting about somewhere for such food. We should fear getting the pabulum in the system more than the germs, for without the former the latter cannot get a foothold, any more than you can stay on this planet without something to eat.

Eggs are the product of flesh-eating animal life when they are allowed to feed on worms, insects and meat, and as such, they are injurious to the extent of their use. They cannot well be omitted in cooking, so we must seek the proper remedy. The meat of hens and chickens is more injurious than the eggs, if the fowls have had such food as we have stated. The body of a chicken completely rebuilds itself in a few weeks.

To give it all needed vitality and growth, it is proper to allow it to run at will for animal life in the garden and lawn; then, if it is to be used for the market or table, place it in a yard where it may scratch freely and find a grain diet; wheat ground oats, ground corn, buckwheat, bran, cut grass, clover and other things being given it for variety, sometimes hidden under straw to keep it active and healthy. A week or two before killing, it should be cooped and fed with greater care. This is the practice among most fowl raisers, except for the abominable habit of giving meat to add flavor and tenderness.

The meat and eggs of hens that are allowed to run at large, following cattle, hogs and horses, and to get their own living except for a little corn that is thrown to them daily, cannot be safely used. This is an age of poor blood, pimply skin and deficient vitality. These misfortunes are due more to the unfitness of the food that is eaten than to all other causes combined.

It is the duty of good citizens to take steps to secure wholesome foods for themselves and their fellow beings; this duty is the highest and the most sacred in life, for the body is

the temple of mind and soul, having a controlling influence over them both. Ill health causes irritability, from which wickedness, sins and crimes arise unrestrained. A low vitality produces indifference to everything. This is an age of low vitality, because the foods were never so bad and never so adulterated as now.

Veal is from a vegetarian animal, but is the product of flesh life, as long as the calf is fed upon milk. It should not be killed till it has been weaned entirely, and then fed upon grains and grasses long enough to completely rebuild its body. Most persons wonder why veal is injurious. The above is the full explanation, agreed to by all scientists and investigators.

Pork is not safe food as at present marketed. The danger in all meat foods is in the flesh part, if there is danger at all, and not in the fat. Physicians recommend the use of pork fat to assist in restoring the equilibrium of the nervous system, on account of its vitalized carbon, and the fat of boiled ham has been instrumental in effecting a temporary cure of neuralgia. To that extent it is useful. There are three or four sides to the pork question, and the following rules are valuable in enabling you to come to a decision:

1. If no pork were eaten at all, the health would be better for it.

2. If pork is to be eaten, a committee of your locality should see that the animals are grain fed and kept clean to avoid taking filth into their stomachs, which seems to be the only discernible ambition of the hog.

3. If any part of pork is to be preferred, the fat as bacon and brine pork, in the form of fat rind cuts, are the best.

4. Suckling pigs are more injurious than young veal, against which some States have legislated.

5. Lard as pure fat has none of the hog or pork qualities, and is no more injurious than butter.

6. A person reflects the nature of the food out of which

the body is built. One who eats pork freely, or has a considerable part of the meat diet, is swinish, hoggish, lazy and filthy in body, mind, habits and morals; and we are glad to state that this condition is not so widely extended as in former times.

7. Clean meats from clean animals, as lamb and beef, tend to make clean bodies. Lean pork never can, even under the best culture; for the taint of ancestry, the natural habits of the animal and the semi-rotten nature of the flesh, not only inspired the curse of God against it, but will always repulse the good judgment of thinking men and women.

Ralstonism is free; it does not seek to limit or restrict its followers to imperative rules. As to pork, it simply states the facts, and suggests a tendency either to lessen the use of the lean part, or else see that the meat is raised in the cleanest manner possible. The great hog raisers of the West allow their swine to "follow cattle," which is the filthiest of all habits, makes the dirtiest meat and pays the largest profit. Let us think these things over and then seek courage to act the part of true citizens in settling this and the other problems of food production.

Suckling lambs, like pigs and calves, are the product of meat eating life, as milk is animal in its construction. It is, therefore, necessary that these three familiar articles of the table should have past their weaning time long enough to have built new flesh of vegetarian foods, or they cannot be safely eaten.

Beef is the best of all meats, and lamb is the next. Both come from clean animals, whose diet and habits are consistent with the highest ideals of health. The meat should be fresh. Corned beef and cabbage is an old New England dinner, and not creditable to the taste or judgment. The corning or salting of meat by the brine process makes use of salt as a preservative, which it is; but it first draws out the real value of the meat, leaving the toughest fiber. Fully three-fourths

of the strength-giving part has gone out into the brine, as analysis will show. This is true of all salted, pickled or brined meats.

Kidneys are filth sponges and ducts; they never can be cleansed except by complete destruction. Persons who eat them have yellow, morbid-looking faces, yet there is a decided taste for them among certain classes.

Sausages of all kinds prevail in this land; and modern Europe, like America, has witnessed a greatly increased use of them among the unthinking classes and those of lower intelligence, and the blood has become so vitiated that such a malady as la grippe, which thrives on poor blood, is cutting a white swath with its scythe of death and disease.

A sausage may contain, and the average sausage does contain, horse, dog, cat, rat, or other outlawed animal meat; besides the refuse leavings that formerly went into soap. Any person who is at all familiar with the subject knows that any kind of meat that can find sale in its open condition never enters that hidden mass known as sausage.

Fish has always taken high rank in all ages and among all peoples as an article of food. The story of the loaves and fishes of the New Testament well nigh covers the two "staffs of life."

The preferred animal foods are beef, lamb, mild cheese, hens and chickens fed on grains, eggs from hens so fed, cream, milk, butter, honey and fish.

A weak stomach should never have meat fiber in any form. The full strength can be extracted in soups, broths and stews, so there is no need of eating the fiber itself. Convalescents eating meat flesh before they have gained the full powers of digestion take their lives in their hands. A man who had recovered from typhoid fever only far enough to walk out went to a restaurant for a beefsteak, ate moderately and died shortly after. A millionaire ex-Governor of New York State, while weak from heat and fatigue, took a large quantity of

ham, with radishes and ice water, dying very soon after. The cases sustain the principle that meat fiber at its best is not good for the human stomach.

What a man eats, that he is. The soul is in the body, tempered, influenced, sweetened or tainted by it. The blood builds brain, flesh, nerves, muscles, organs, tissue, skin and all that exists in the body, whether vital, mental or material; yet the blood is the daily sum total of the kind and quality of the food which is eaten.

Disposition, nature and temperament come largely from what is eaten. The king of small birds* is able to whip the larger ones, simply because his temper comes from the hornets, on which he feeds. In the dim eras of the past, out of which a few meager but certain rays of light have come, we see the fulcrum for that leverage which was to lift man up to a plane far above the low and beastly condition in which he groveled.

Grain and fruit were promised in the best of all species, and from the focus of that beginning an ever-widening path of progress has extended to the present time. Co-extensive with man's emergence from a savage state and his gradual rise to a higher plane, his taste for flesh has lessened. He is still on the ascending road of progress, and, not in this age, but in some other, he will attain that better civilization which will drive the animal entirely out of his nature, and lead him Godward.

*The kingbird. "It is the smartest little bird in New England. Even the hawk, which is such a terror to other birds, seems to be a source of amusement to the kingbird."

L. of G.



CHAPTER THIRTEEN



Fruits and Fruit Juices

- ✦ THE FLOWERS AND FRUITS ✦
- ✦ THAT EVERYWHERE ABOUND ✦
- ✦ ARE NATURE'S LOVING SMILES ✦
- ✦ THE WHOLE YEAR AROUND ✦

N EVERY HAND we see the effort of nature to serve humanity. She is a blind goddess of exceptionally potent energy, and of the keenest intelligence; but, even with these qualities, she has her hands tied. The knowledge within her ample mind man must draw out; and, if he lacks the method of getting it out, it will stay within, and he remain helpless.

Why fruits were ever made to grow has been a problem. Men of science do not seem to be agreed in their discussion of their value. Perhaps the secret has never yet been made known; or, better still, perhaps the fruits, like the grains and vegetables, are in a transition state from a humble past to a glorious future.

Fruits and their uses have not escaped the contradictions of scientists. The trouble here, as in most honest cases, is that theories are assumed and facts made secondary to them. Thus, apples are eaten one day and the results prove beneficial; so the theory is put forth that apples are of value in the diet. Later on, similar apples are eaten, and intestinal troubles follow, and the theory is now advanced that apples

are injurious. It is wrong to draw conclusions without a knowledge of the controlling facts.

Fruits are ordained for certain purposes. They hold an important place in the food plan of the human race; but not the most important. They perform a duty in the life of the body that cannot be supplied by any other agent, and their value in this one regard is so great that fruits must never be considered one evidence of the special designs of the Creator toward humanity. They are overpraised under false conditions, and they are abused because of not being properly used. So these would-be friends become enemies or are ignored. Let us come down to the facts and drop theories.

To catch the fruit at the time when the cells have matured and mellowed is the whole secret. A boy died of eating an apple; it was a ripe apple, and the microscope showed the unopened fruit cells clinging to the fine inner "hairs" of the intestines, where the mischief had been done. The seeds of the apple appeared clearly to be ripe; but the pulp was not mellow; the fruit cells were hard and intact.

Ripe apples, then, are unsafe to eat if firm and hard, and their injurious work may be progressing while one has no knowledge of it. They may attack the nervous centers, the ganglia, and there produce the most unaccountable cases of neuralgia. But their most active demonstration occurs in the intestinal canal.

Green fruits of all kinds are enemies to life. The cells are never fit for the stomach. No greater mistake can be made than to seek a covering to the taste by the use of sugar. The practice of eating apple sauce made of apples too hard or too sour to eat, but cooked soft and sweetened to taste, is the father of much neuralgia and rheumatism. Sugar does not remove the danger of the indigestible, rock-ribbed cells.

You eat the sour apple, and the harm is done to the blood and nerves, whether you take sugar before, after, or with it. The unripened cells are there. Hiding them with sweets

does not destroy them. It is a rule of rules that no fruit should ever enter the stomach unless the cells are ripened, mellowed and bursted open in a natural process. The seed may be ripe long before the cells are mellow.

Cooking green fruit to soften it is not a natural process. You may cook it into shreds, but there is no bursting open of ripened cells, developing the rich, fragrant juice; nor is there that necessary condition of organized vital life. Between the almost ready cell, with its first mellowness, and the fully matured softness there is a vast gulf, the spanning of which means health as against disease, as will be seen from explanations to be made.

Around this important stage are three conditions: First that of being almost ripe; second, that of being fully ripe; third, that of decay. When decay follows greenness, it is rot; when it follows ripeness, it is fermentation. Rot is caused by bacteria of quite a different kind from fermentation; the latter having a thousand times more vitality than the former. They are born in fruit, after it is fully ripe and before it ferments, and this kind of bacteria cannot be withdrawn from the diet of humanity without positive injury.

Fruit may be ripened after it has been plucked, but it must show ripe seeds at the time of picking. To ripen by mere softening is rot, or its first stages; and to soften by cooking is merely a mash of undeveloped fruit cells, which are doing injury whether the system responds to it or not. No greater blessing exists than fruit. It is the gift of God. It is charged with various duties, which we will explain. It is not to be the chief diet, but if partaken of freely in any one season of the year, its services extend throughout the twelve months. Every locality has its fruits, tempered to the blood of the people in every zone and climate. These are to be given preference whenever they can be obtained.

Three great duties to the health of humanity are performed by fruit, and these do not require the use of this gift the year

round, although some advantages are added by such use. Their duties are:

1. To build vital cells in the life of the body.
2. To balance the electrical energy.
3. To eliminate waste material.

The first duty, that of building the vital cells in the life of the body, can only occur when the fruit itself has burst open its own hard-closed cells and flooded its structure with its juice, charged with bacterial life. Do not be alarmed at the word, for bacteria are merely vegetation. They are the ANGKS and DEVS. The latter are fearfully active in destroying our bodies; they are ugly, voracious, vicious and fiendish in their operations, showing no mercy, and sparing no one if they can have their way. But as the DEVS are bad, so the ANGKS are good, for without these tiny builders of life we could not live. They are just as active in their way as their enemies, if we get them at their best.

Mellow, juicy, fully ripened fruits, whose cells have bursted, contain ANGKS of the most energetic kind. Like the blood of the body, they cannot be analyzed. The chemist finds in a drop of protoplasmic blood the four needed elements, oxygen, hydrogen, nitrogen and carbon; but these four elements cannot make the drop of blood, for the vital force is non-chemical; it lives, thinks, feels, has purpose, directs, commands, builds and propagates; all of which the chemist cannot set in motion out of any combination he chooses to make of the four elements, or any other elements.

He is powerless. Nature is omnipotent. She furnishes the forces and he stands aside. He may talk about Nature and criticise her; but she is a being of stupendous magnificence, and he is so small that he cannot deviate a breath of the wind. Therefore, when he says that the analysis of fruit shows certain elements only, he is no more correct than when he says a drop of protoplasm is nothing but oxygen, hydrogen, nitrogen and carbon. Beyond their mere matter, fruit

cells perfectly ripened have an extraordinary power of stimulating vitality in the growth of the body.

The second duty of fruit is to assist in maintaining a balance in the electrical energy of the system. To live is to express some form of vital electricity; there is no other process offered to this planet. The body is an agent of action, divisible by its muscles and bones into countless operations, all helpless unless the nerves discharge their electrical fluid.

The nerves themselves are mere telegraph wires, obtaining their power from the stored vitality of the body; and here is the real man, the actual life. The first necessity of existence is that of creating and maintaining this fund of vitality. It is really animal electricity. Power, thought, character, health and life are contained in this collection of electrical centers, for every part of the body is but an agent of vitality.

While seriously differing from mechanical electricity, the life of the body is akin to it in its operation, and almost every law of the one applies to the other, and it is well known that positive and negative currents of this fluid are constantly flowing to and fro in the body. Acids are momentarily generated from the blood to serve in this and in other work, while they are as rapidly neutralized by the alkalies.

The saliva of the mouth is the key to this balance. If the equilibrium is disturbed by too much alkali, there is the craving for something sour. Vinegars are often taken to satisfy this craving, but they are not the best. The use of pickles, limes and vinegar-dressed cucumbers, salads and other things, results in weakening the nervous power of digestion, though a false relish at the time suggests otherwise, and the dreaded neuralgia may follow. Fruits, fully ripened and mellowed to rich juiciness, are constituted to supply the amount of acid needed, and this comes under the cover of other good at the same time. As we go northward, where greater vitality is demanded by the vigorous climate, Nature increases the acidity of her fruits.

The third duty of fruits is to eliminate waste material. In some parts of the world the thirst may be satisfied entirely by the juice of fruits, and this is distilled water organized as life, enormous advantage over distilled water produced artificially. Both, however, are endowed with the faculty of traveling in and out through all the minute avenues of the body, picking up the dead tissue matter that breeds disease and cannot be removed in any other way.

Lying on the ground in the tropics, beneath a tree of fully ripe oranges, a party of travelers found a capacity for a large number; sucking the juice only, and deriving pleasure, sustenance and a quenching of the thirst; while all agreed that the orange in its native soil tasted quite different from its imported brother. Yet there is health in the one when ripe and nervous disorders in the other. The use of acids, vinegars, sour oranges, cucumbers, pickles and other forms of the same diet by women who crave them shows a lack of balance in the vitality of the system, and these substitutes for the true diet are productive of endless nervous derangements, traveling from the brain to the lower organs, and throwing much misery into their lives.

Fruits follow the climate and harmonize with it, and a native or long resident of a place should prefer such fruits as grow most readily there, and such as may be made to grow there would stand next in value. The time of eating should concur with the time of ripening and full mellowing, if the best blood and vitality are sought; though to hold back part of the crop so as to delay the mellowing period, or to check it by cold storage or other methods, is desirable as a second best plan. A long succession is always an advantage; but it is true that great good is done by eating very freely of fully ripe fruits in their season, even if no more is taken during the year.

We will now discuss the merits of the various fruits that are obtainable here, either by growth or importation.

Apples for eating. The apple is the standard fruit of the temperate zone. It is found in every variety from the sweetest to the sourest. The best apple for the individual is that which suits the taste. The skin should never be eaten; it is indigestible. The true part of the apple is closest to the skin. No part of the core is good, and the pulp near it should be discarded. Troubles, either neuralgic or intestinal, may follow the eating of any apple that has not been mellowed to softness by thorough ripening until it has a rich wine flavor.

Taken with these precautions, the apple is the best medicine that can be put into the system. It is cleansing, vitalizing and nutritious, and, like most fruit, has the power to supply what cannot be derived from other food. An old man of ruddy face and clear eyes said he had eaten three mellow apples daily, when he could procure them, since boyhood, and had never known a sick hour.

Apples for cooking. Among the many barbarisms of the kitchen, that which inflicts upon the innocent family sour or unripe apples, cooked to softness and sweetened to taste, is possibly the worst. No wonder the use of apples is rapidly decreasing. No wonder the teeth are attacked by disastrous acids. No wonder the nerves of the eyeballs, the hollows of the neck, the temples, or the crown of the head are racked with neuralgia. No wonder the constitutional headaches do not succumb to cures until deadly anæsthetics have stupefied the heart. No wonder the intestinal canal doubles itself up until it gets tired of making knots. The reasons why fruit is not good when mellowed by cooking, or sweetened by sugar, are stated in the earlier pages of this chapter.

Peaches for eating. These stand next to apples in importance, and probably next to blackberries in their vitalizing qualities. The old fashioned seedling peaches, or some of them, are by far the best; for, in the anxiety of producers to raise varieties that are good "keepers" and "shippers," as well as handsome to the eye, tenderness, tameness and agree-

ableness have been sacrificed. Now we have large, heavy, coarse-grained, beautiful, but worthless peaches, and the public taste has fallen off considerably. To be fit to eat, a peach should be white, fine-grained, thin-skinned, stone free, mildly sweet and dead ripe. It should not shock the palate, but ought to afford pleasure at the first bite.

Peaches for cooking. It is necessary to start with fully ripe fruits as a basis. The skin and pit should be discarded. Rotten places should not be cut out; let them stay in, and throw the whole peach away. The supposed decay of an overripe peach is merely the full softening of the flesh just prior to fermentation, and is delicious; though, of course, fermentation will spoil it. Green fruit should not be used in any form of cooking, for preserves, jams, jellies, or other things. When fully ripe to start with, the addition of sugar as a means of preservation is not objectionable, but desirable.

Grapes for eating. If but few grapes are at hand, it is not at all injurious to eat all the contents, except the skin. But it is better to take plentifully of this fruit, for it is a direct blood maker; besides which it carries iron and vital nutrition into the body; and the proper way of taking grapes for such benefits is to adopt the following plan: Squeeze the skins as nearly dry as possible to get out the most valuable part; then, in a separate dish, drop the pulps so as to shake off the juice clinging to them, and also as much of the pulp flesh as is free. Then throw away the seeds and close pulp, for the latter is quite sour. All the juice may now be put together and mixed well; then placed in a jar around which ice is packed. When quite cold, it is ready to drink, and it may be taken as plentifully as you desire. Persons suffering from lack of blood will find no equal to this. We are sorry to say that the grape juice of soda fountains and of commerce is not safe to take, and will do more mischief than the absence of all fruit.

Some grapes are not good. The little Catawbas are among them. The Delawares are fair only. The best is the cheap-

est and the most abundant, the well-known Concord variety. To be good, it should remain upon the vine until a full, deep bloom of blue dust overspreads it. There are many seedlings of the Concord, most of which are as good, and two or three better. The lighter colored grapes are not very beneficial.

Blackberries for eating. Probably no fruit comes so near to the results of food production as the blackberry. This fruit was the first to be created, as far as geology discloses its history, and like the blessed wheat is seen in rock fossils of long ages ago. It waited man's advent upon this planetary arena. It is one of the few things that man injures by attempts at improvement, for he seeks large, firm berries that will ship well and keep well—the very qualities that prevent ripening and mellowing. A blackberry should be dead ripe, and free from core, or else the hard center should be discarded.

Blackberries for cooking. Given the queen of all fruits, the housekeeper places before us the worst condition in which they can be found; berries black but hard, berries dark red, berries light red, berries green in spots, and we are asked to eat them in pies and other preparations that might have entranced us with delight, but for the barbarism displayed in the selection.

A few good blackberries by themselves are better than a few good ones mixed with some bad ones. It is that hard unripe berry that sours our zeal as it shocks the palate. It is unfit for the system. While it is very difficult, if not almost impracticable, to obtain uniformly ripe and mellow fruit, it is nevertheless done, and even at the markets such berries are found. Never cook a hard one. Like the peach, this fruit is best when just passing the fully ripe stage.

Pears for eating. A sour pear has no place in Nature. This fruit does not mellow well upon the tree. Its seeds show the period of ripeness, at which time it should be picked and

laid aside to soften. It mellows quickly under certain conditions. Even the supposed sour pears are very palatable and sweet when allowed to come close to the fermenting stage. When soft and juicy, they may be eaten freely, even to the limit of one's capacity, and their cleansing effect upon the kidneys is surprising. Our most recent experiments at Hopewell prove that the Duchess is the best of pears.

Pears for cooking. If this fruit is ripe at the seeds when used, it does not matter if the flesh is hard, for the cells of the pear do not create such commotion in the system as those of the apple. Green pears are always to be avoided. Some cooks make use of windfalls, worm-eaten and undeveloped fruit, supposedly for economy; but as the result is a dangerous concoction in any form, having no value whatever, and wasting the good things used with it, the money-saving idea is swamped.

Plums and apricots. The latter are not readily obtainable in some States, although they can generally be grown wherever peaches thrive. They are excellent for eating and cooking. Plums are the worst of foods when used contrary to the rules laid down, and among the best otherwise, though none can hold rank for a moment with the five great stars—blackberries, grapes, apples, peaches and pears. A plum is a mean thing if it is not dead ripe and soft to the very point of fermentation. Try it. Try any variety at the different stages; when green, it is sour enough to raise the roof of your mouth; when ripe, it still incites you to tears; when softened, it is yet unpalatable; when mellowed, you begin to like it; when dead mellow, and the cells have all bursted and died, it is the nectar of the gods, full of flavor, fragrance, ozmazome and rich in vitality.

Cherries for eating. It is one of the laws of Nature that the farther south we go the less acids we need to maintain our electrical equilibrium, and the less vitality we have. The reasons are fully explained in our high-degree works on mag-

netism. Cherries in Italy surpass any in the world; they are large, sweet, full blooded, capable of quenching thirst, and may be eaten to excess without fear of injury.

Such cherries might be raised in our own Southern States, but are not. Still America has some delightful varieties, and the fruit is of importance in vitalizing and cleansing the system. If fully ripe, mellow and sweet, they should be indulged in as long and as much as the appetite permits. The fear of eternal disaster when milk is taken with cherries is groundless if the fruit is dead ripe.

Cherries for cooking. Green or hard fruit should be avoided. The fact that hard, sour cherries make better jelly argues against the use of the jelly, and it is a discreditable method that drives all fruits out of public favor. Flavor, sweetening and cooking may succeed in satisfying a false relish, but the fact remains that fruits are not used as freely as they were, because for many years the policy in cooking has been to discard ripe and mellow fruit for that which is green and hard. Every family should make its own preserves and jellies, taking care to use only the best.

Strawberries. Here we have a problem. As in the case of apples, some physicians say use them freely and others say avoid them altogether; yet we have shown wherein there is the middle ground and the safe one. Apples eaten without judgment or knowledge of what they are will produce injury; while, if mellow, ripe and softened almost to fermentation, they are among the best friends of humanity. Strawberries confer but a few blessings upon the system, and the quickest way to secure a bad case of headache or neuralgia is to use the early kinds which are ahead of the season, or the usual market varieties.

The reason for this danger is found in the fact that strawberries are very cooling to the blood, and suit the temperature from about June 10 to July 15. The sour varieties, as well as those that are not very ripe and fully red, destroy

the blood's vitality by a sort of poison generated by undeveloped fruit cells, whose tendency is to rot rather than grow. Fruit undergoes a complete revolution in value in the brief interim between the unopened cell and the mellowed flesh. If strawberries are to be eaten at all, they should be fully red, sweet and ripe, and should be perfectly agreeable to the taste without sweetening.

Raspberries and dewberries are not useful except in their season. Preserves and jam are made of the former, but they are dead fruit in all respects as far as hygienic qualities are concerned.

Blueberries, huckleberries and similar fruits have considerable value in their season; except that the use of the skins and seeds is objectionable, although unavoidable. For preserving, the only good attainable is by keeping the juice in an unfermented condition; but there seems to be no use for it in that form.

Currants and gooseberries are not beneficial except to counteract the excess of heating foods which are required in cold climates. In England, where the summers are short, sour gooseberry tarts are the dream of the people, and dietary life revolves about that center; but rheumatism and neuralgia stalk ruthlessly through the land.

Fruit cultivation. In the Ralston Ideal City, mentioned in a high-degree book of the Club, it is suggested that every home should have free access to light and air on all sides, a plot for flowers in front and a vegetable garden and orchard in the rear. In this country, where land is plenty, the crowds huddle into the cities seeking wealth, but finding poverty in many instances. He who can raise all he needs to eat is independent, and the intelligent cultivator of the soil is the king of America. There is every reason why the bright men should do now as did George Washington and the opulent classes of his day, make life in the country social and stylish, and compel the ground to yield a full support. We have already done this as may be seen in the present book.

Fruits as well as vegetables can never taste as well nor give so much vitality as when raised at home and picked fresh for use. A trailing vine of grapes, trimmed severely back every year furnishes a large supply of this fruit, can be used for covering an arched trellis, and will afford shade as well as ornamentation. Pears and apples may be raised most everywhere. Blackberries are nearly universal fruit. Peaches are grown in a majority of the States; cherries in many of them. Here are the favorite fruits. When God established these grand blessings for man's use, He did not intend that they should be propagated for harness and long keeping or shipping qualities, then picked green, sold green and eaten green, thus robbing them of their virtue for the sake of mere commercial value. All this is a travesty on the design of the Creator; and poverty will reign until man, endowed with intelligence, seeks harmony with Nature.

Dangers from eating fruit can never occur when it is ripe, mellow, soft and not sour. The youngest child or oldest adult, or any person of any age, can eat until the appetite is surfeited, if the conditions are those we have presented, and the fruit is grown in the climate where eaten. Two quarts of peaches, pears, cherries, grapes or very ripe apples, taken daily, are not an excessive diet of fruit in their season. We advised a white, pale-faced, bloodless-looking woman, rapidly declining into consumption to eat two to three pounds of Concord grapes every day for a month, and her body as well as health passed through a revolution. Everybody said it was a "miracle." Simple Nature!

Green fruit should never be preserved or canned, not even if it is buried in sugar. The first consideration is to see that the fruit is wholesome and fit to eat, rather than to seek a condition that favors long keeping; and the next is to preserve it in the most available way. Jellies, jams, butters and other methods are not objectionable, if the fruit is ready to eat before it is so prepared.

Avoid the purchase of sour, hard canned fruits, or such as seem to have been softened by cooking. An interesting test may be made by using canned peaches that were ripe and mellow when put in the can, as compared with others that were cooked into mellowness before being canned. The latter, if eaten plentifully, will cause severe neuralgia; the former under like conditions will not.

Adulterations are universal in the fruits offered on the market in such shape as apple sauce, marmalade, jams, jellies, etc. The canned goods are treated with cheap glucose syrup, where any adulteration is present; but the greater objection of unripeness at the time of canning outweighs this. The various apple sauces are made of refuse hard apples, relieved slightly by poisonous glucose. Out of a hundred brands of jams, jellies and marmalades, we did not find one free from adulteration.

Certain fruit flavors may be imitated by chemicals, and these are allied with refuse glue, horse-hoof gelatine, garbage glucose and apple sauce in order to produce the delicate "preserves" so often brilliantly illuminated by the printer's art. Avoid all jellies, jams, marmalades, apple sauces and other "store" preparations, unless you wish to ruin your blood. This is an age of arrant and reckless adulterations, rapidly displacing goods, concocted by the merciless invention of man, who knows well enough that to put dollars in his pocket lives must be sacrificed and health destroyed.

Foreign fruits are not subject to the same rules, for the reason that they must be picked a long time in advance and come from other climates where they are less vigorous. The grapes are barely palatable, and certainly devoid of value, never fully ripening, even here. The oranges of Florida and California, if dead ripe, are beneficial if the juice and not the pulp or flesh be taken. Figs and dates have a value as laxatives in some cases, but are unsafe, owing to their microscopic life. Raisins are a stimulant, but are likewise inhabi-

ted, and in some cases severe sickness has followed their free use.

Pineapples are the best of the foreign fruits. They must be as nearly ripe as possible when picked, and must then mellow here in the sun until soft. It is better not to swallow the flesh or fibrous pulp. This fruit is excellent for irritated throat, its juice being very healing.

Bananas are a sort of bread fruit in their native climate, and, without doubt, are of a high nutritive value, for they serve as food; but they lack the vitalizing force of our local fruits which are not intended for food. A banana has very little of the resisting, pugnacious cell structure which makes such fruit as the apple injurious, unless fully ripened; yet it should be both ripe and soft when eaten. Those who have tasted this fruit, both in its native clime and here, are agreed that it has none of the flavor, satisfaction or qualities here that exist there. The reason is that it must be picked green, shipped a long distance and ripened here. Again commerce overreaches itself; it sends the bananas too green. They might be ripening in the ship's hold on the voyage, but, instead, they come here dead green, are put into the damp, diseased, foul, malarious cellars of dirty dagos who are unable to distinguish between cleanliness and vermin, and there they ripen, absorbing the poisons of their most unwholesome surroundings.

In former years, it was the custom to land bananas, fully or nearly ripened on the voyage, and they were much more popular then than now. To eat the present article is to court sickness, and possible death; though it is fair to state that if the fruit is not shriveled and seems tender and not tough at the core, it may be eaten sparingly after a good meal. But we have abundant proofs of violent illness and sudden death due to indulgence in bananas on an empty stomach.

As all readers and students appreciate a few brief statements by way of review, we will collect the most important

from the present chapter and place them in short passages; suggesting, however, the careful rereading of all that precedes.

To make blood, take daily a half pint of unfermented juice of the Concord grape, being sure it was extracted from fully ripened grapes.

To put iron in the blood depend on sweet, freestone peaches, eaten overfreely in their season, and sparingly at other times; avoiding the canned article of the stores, as the fruit must be dead ripe when prepared.

To help a weak throat, cure a cough by healing, and strengthen the membrane, use the juice of a ripe pineapple which has been sweetened in the sun by hanging for days in a window. Add sugar to taste.

To cool the blood for the summer heat, indulge freely in fully ripe cherries in their season, avoiding those that are tart or too acid, as all sour fruit, especially if the cells have not bursted, will produce neuralgia and intestinal troubles.

To cleanse the kidneys for a year ahead, allowing for due care in diet during that time, overeat of the best pears in their season which extends from August to November or later. Avoid eating too many of the extra sweet pears. You cannot overeat with danger such varieties as the Duchess and Bartlett. Every orchard should be planted with Duchess pear trees, as their health-giving qualities exceed all others.

To acquire the best nerve life, eat all the dead-ripe blackberries you can get in their season, avoiding the sour, pulpy cores. By many interesting experiments it has been proved that life may be sustained on very little food with blackberries; the preferred grains being best as aids, and a new body could be easily built.

Any unbursted fruit cell is an enemy to health. When fruit is dead ripe the cells have all bursted open and no injury can follow except through too much acid, which hurts both blood and nerves.

Avoid store goods, such as jams, jellies, marmalades, preserves and others. They are so often dangerous by reason of adulteration, despite their beautiful appearance, that you cannot afford to take chances. Do not believe what your grocer tells you, as he is as often deceived as others, and, poor innocent man, he fights hard to sell the goods, but he does not know. A storekeeper who protests too hotly is deliberately dishonest. His anger is his remorse.

Put up fruits at home, if you can or cannot grow them. Save money by so doing. But by all means, save money by not buying unfit fruit. Better none than bad.

This is an age of dishonesty, adulteration, greed and rascality in the preparation of goods of all kinds for the market. Flour, grains, fruits, delicacies, and everything that the devil ingenuity of man can touch, are made harmful and dangerous, though too often quietly so, at a time when the decadent health of the people requires honest nutrition, and wherever the government seeks to investigate such things the corrupt politicians, with whom this country is swarming, "doctor" the reports to suit the rich adulterators and fatten themselves.

What a glorious opportunity for the two grandest professions of life! He who tills the ground, or he who takes honest foods and fruits therefrom and makes them ready for human necessity, deserves the title of Doctor of Humanity, the noblest within the gift of the race or of God himself. He who is incorruptible in the midst of scoundrels, who can go freehanded to the legislative halls of our States or Congress, and there fight without compromise for the protection of every citizen of his country from the highest to the humblest, in all matters of health, home, liberty and property, is a STATESMAN; and the country is looking to-day for such men. Here are the two grandest professions of life.

Who of our members will enter either of these noble professions and fight for the magnificent results that are sure to reward their honest efforts?

CHAPTER FOURTEEN



What to Drink

- ✧ WE OUGHT TO DRINK FOR TWO PURPOSES ✧
- ✧ ✧ THE FIRST IS TO RELIEVE THIRST ✧ ✧
- ✧ ✧ THE NEXT IS TO PROVIDE NUTRITION ✧ ✧

REVER SINCE MANKIND first sought the advantages of civilization, have there been so many varieties of drink prepared for the stomach as at the present time; and the increase is still going on. The first great object of drinking is to provide the system with hydrogen. This is a food element, and must be had daily in large quantities. If it is denied, the activity within the body which maintains its life, will be checked, and soon cease.

Any method by which hydrogen may be got into the system, without attendant dangers, is sufficient to satisfy nature; and the taking of any liquid that does not provide this element, is outside the realm of judgment, unless it is a form of nutriment. Distilled liquors are mostly carbon, or their equivalent, and consequently are foreign to the purposes of a drink. Alcohol burns itself completely up in a flame, while hydrogen in water quenches fire; showing the two to be opposites.

When people will remember these facts, and use drinks for the purposes for which they were intended by nature, there will be much better health among them. So large a proportion of the body is water that its health may be said to depend more on what is drank than on what is eaten. Blood and flesh are nearly all water, and even the bones, which are

supposed to be dry, contain much moisture. The oils and fat of the body, mingled with the liquids, furnish the lubricants necessary for easy action; let these be changed by improper food, and you will suffer the horrors of rheumatism, swollen muscles and inflamed joints. Your blood may make and may cure all these maladies. Everything depends primarily on what you eat and what you drink.

Bone diseases are altogether too common. A bone must have minerals of its own kind, not the foreign minerals contained in most drinking waters. No more mineral matter should be taken into the system than the mineral structures require. All else is superfluous, and does injury by clogging the veins, blood vessels, arteries and tissue-life, even of the brain, causing what is known as age. In fact, the true symptoms of **age** are due to nothing but this. The grains and other foods supply all that the body requires, so that pure water is a thing of necessity. Mineral medicinal waters are not only not pure, but are rapid producers of age, and even may cause the very ills they promise to cure. Some are chemically doctored, to give certain immediate results that are not permanent. Most mineral waters are analyzed from "samples" specially prepared.

Medicinal waters, mineral waters and other advertised kinds of drinks, usually proclaimed as beneficial to the health, possess only the quality of being less injurious than the water procured from wells or furnished by the city and town reservoirs. Periodicals derive sufficient income from advertising such fluids to induce them to make the idea fashionable. The rule still remains unchanged that proper foods contain all the mineral substance the body needs, and the attempt to add more by what we drink is sure to hasten the approach of old age. Those who use table waters for years furnish a proof of this fact.

Pure water may be bottled and shipped to all parts of the land; and, if known by tests to be absolutely pure, such

water should be preferred, for it would aid the process of health and do very much toward driving out disease. A glass of pure water taken on arising in the morning, and another at night before retiring, is better than the best medicine. By pure water is meant such as is free from matter either foreign to the system or not needed by it.

The best water to drink is rain water if it can be collected in a proper manner. We know that it is chemically pure when it leaves the clouds, as may be ascertained by examining snow, for the latter has no opportunity of absorbing odors and substance until it reaches the liquid state. As distilled water picks up poison and odors as easily as do cream and milk, so rain water will do the same; but there is nothing deleterious in an elevated atmosphere free from smoke. When rain water is caught from the roof of a house, no matter how thoroughly the roof may be washed by the first hours of storm, there is always something left which its absorbent activity will draw to itself, and it has a yellow color with a slightly astringent taste. This may occur even when the rain falls through the leaves of the trees. That neither condition is unwholesome is proved by the better health which comes from drinking rain water, although it is unpalatable at first. A taste for it is soon acquired, and it is then preferred to others.

Pure water must eventually be adopted by intelligent communities as one of the great agencies of avoiding disease, and the question will of necessity resolve itself into using only the following kinds of pure water:

1. Rain water, filtered through sand and rock, but free from living matter and minerals. This is first and best.
2. Rain water, caught by artificial means.
3. Distilled water, thoroughly aerated.

In addition to life in water, which may or may not be injurious, there must be a **pabulum**, or food for such life, and this is usually harmful to human blood. Bringing the water to

the boiling point will destroy the living nature of the germs, but will not remove their carcasses nor change the pabulum; so that the use of boiled water is closely allied to the voracious devouring of a microscopic graveyard, sometimes including the gravestones themselves. Yet it is far better to take the carcasses than the living bodies.

Let us look closely into the problems of securing pure water to drink. The first and best is the hardest to obtain. It is rain water filtered by Nature. The filter should be made of sand and rock. Occasionally such a spring is found, and, when known to be pure, every precaution should be used to save it for the benefit of man. A microscope should be owned by every physician, and one large enough to detect bacteria ought not to be beyond the purse of the humblest practitioner. If no doctor possesses a sufficiently powerful microscope, your school board should secure one as a means of public school education. Let the springs be examined for miles around; and, if one is discovered that proves to be rain water filtered through sand or rock, cement it up, shut off all surface drainage in case of rain, and allow it to flow in and out of a miniature reservoir. This will be the turning point in the health of the people in your community.

While all water in and on the earth is the result of rain directly or indirectly, most of it ceases to be such in fact. The real rain water is that which is closest to its condition as it leaves the clouds, except that it will be endowed with an absorbent activity seeking to establish a certain kind of equilibrium. A pond or lake may be the result of nothing but rains which have washed together over a tract of sloping land into a hollow. From this the sun is continually drawing vapors, taking up the good and leaving the bad; and the bad that is left may be free from minerals, and yet contain bacteria with an enormous amount of pabulum. Such ponds and lakes, we regret to say, furnish water for the towns and cities of America, and the doctor's signs are multiplying while

the purse of the struggling family is hungry for the wherewithal to purchase the ordinary comforts of life.

Again we are told by scientists that boiled water is safe to take. This is a very limited piece of information. It assumes that the only disease-breeding element in water is bacterial. Out of one hundred waters collected from as many different places, not more than two would be likely to bring any disorder to the system that could be averted by boiling. Such waters as are imbibed by the citizens of New York and Philadelphia contain disease-producing qualities far beyond the reach of the boiling process. They attack the organs, the blood, the veins, and above all, the digestive functions. Life in Philadelphia and New York would be less sickly and more enjoyable, if this chief requirement of the health were more nearly pure.

A child comes into the world endowed with a vitality double that of inheritance, yet it has only one chance in two of living. Whether nursed by its mother or fed with prepared food, it has to take the water that its mother drinks, or the water that the cow drinks, or the water that is used in mixing its food; and unless these are pure, a struggle for existence must begin at once. Many babies die from tuberculosis caught from cow's milk, and many others survive an attack of the malady, only to go through life with shrunken lungs. The horrible sufferings of some children because of intestinal troubles have been terminated in a day by a change to pure drinking water, and instances are not few where a change in the drinking water of the cow has brought relief to the child.

These things are too momentous to be lightly read and passed. You owe the duty to the community in which you live to be one of those who will exert an increasing influence to the end that pure water, and only pure water, shall be used for drinking purposes. We do not mean to make reference to the temperance question. That solves itself when the

body, the blood and the nervous system are in their normal health. Many an intemperate man has lost all taste for alcohol by acquiring a pure body through the practice of Ralstonism. So the tobacco habit yields to perfect health.

Amid the splendid achievements of the American people the sad fact remains that they have made no genuine attempt to solve the water question. Ill health is the rule, not the exception. Far sighted in matters of the purse, they are thoroughly indifferent when the sacred temple of life is being undermined. One case may be cited as a representative one. A lady whose husband had saved a few thousand dollars in forty years of struggle was rapidly failing. Suggestions of health proffered to her before had been spurned with a tip of the nose. Now she asked her husband to take her to a sanitarium where the expense would be twenty-five dollars a day, and challenged his love to that extent. It probably meant the poorhouse for both of them after the senseless experiment had been tried. A Ralstonite called on the couple and said to her: "If the sanitarium should restore your health you would lose it again, for your manner of living would break down the most vigorous constitution." They resolved to use a little judgment, just a very little, by way of trial, to see if there was anything in the idea that sense was more valuable than nonsense, and to their surprise they found such to be the case. The first change was in their drinking water. They secured some excellent spring water and adopted a few Ralston ideas. The old man's money is still in the bank, and the wife says: "Had I not been indifferent to my health in the years past I would have escaped much suffering, and we would now have several thousand dollars more than have gone to doctors and medicines, all on my account." What right had that woman to send her husband to the poorhouse simply to gratify her whim for needless doctoring?

The drinking water question solves the greater problem of health more often than we suppose. The brain tissue is a

network of a million or more of the most sensitive fibers, through which play the blood vessels that supply the nutrition of this engineer of life. So small are the passages that only the clearest blood ought ever to be sent through them. Drinking water, with its lime or other minerals, passes more quickly into the circulation than food, and the delicate brain is the first to be affected. Calcareous matter, which is in almost all hard water, soon leaves its fine film of clogging substance in the small vessels of the brain, and irritability follows, gradually leading on to mental imbecility. Except in cases of inherited insanity, it is nearly always true that brain troubles are associated with what fluids go into the system, and communities where hard water is used furnish the greater number of candidates for the asylum. Most all inherited cases of insanity would have remained dormant but for some exciting cause, of which this may be one. Hard water leaves its deposit on the interior of kettles that contain it; and doing the same in the fine blood vessels of the brain cannot help clogging them, and thus rendering the mind a crippled engine.

Ice water is coming to be recognized by the best physicians as a great help to the system. The only danger is in its free use, or in taking a large quantity at once. A single swallow of very cold ice water not only does no harm, but it is beneficial to the mouth, palate and throat, if either held or dropped quickly into the stomach. To drink several swallows at once will lower the vitality of the heart, and out of the excessive drinking of ice water many a life has been wantonly sacrificed. If you are tired out from physical or other effort, the vitality is already low, and this is the case when you are fatigued from excessive heat, and to drink a glass or two of ice water may so depress the heart as to stop it. There is nothing to keep it going except its own impulse, and this cannot safely be interfered with. Fever of the blood, inflammation of the stomach and a high temperature of the mouth

are allayed by the use of ice water in isolated swallows, or even by holding ice in the mouth. The leading physicians prescribe it. Ice is playing its important part in the cure of fevers. In the case of infants who are teething a half-hourly drink of ice water is of immense help, and is soon craved. Most young babies cry for water, yet are denied it through ignorance and are drugged to sleep.

Tea drinking has subsided to a great extent in the present generation, owing to three causes. First, it is known that the "quieting" effect of tea on the system goes so far as to depress the private organs and partly paralyze the valve leading from the bladder. This was attended by certain results known as "old women's malady," but also affecting old men and children who are tea drinkers. Second, tea introduces into the system certain ingredients that are foreign to it, and that must be fought out at great expense of vitality.

The adulterations of tea are silica, metallic iron, dead tea, common leaves, catechu, prussian blue, indigo, turmeric, kaolin, steatite, graphite, gypsum, chalk, and other things, and so generally is this adulteration carried on that it has given rise to fixed industries in America and England. No Chinaman traveling in this country will drink its tea; but the wealthy classes bring their own article with them here. To carry to China the best and so-called purest of teas found here, and offer them there for a beverage, would lead to ridicule, if not to punishment for dealing in poisons. If you ever happen to visit the Orient and taste the genuine tea of the clime where Nature produces it, you will know what is meant by these statements.

Coffee drinking has very largely increased in the present generation, and for several reasons. In the first place, tea so depresses the vitality, besides leading to organic difficulties and to constipation, that its sister beverage, coffee, has come to take its place. The latter has some nutrition, some stimulating power, and some poisonous matter; but when taken

in moderation, it is not as injurious as when drunk to excess as is the case with certain persons who lack the will power to depend on more natural food for their sustenance. It is a universal rule, to which we have never seen an exception, that no person becomes an excessive coffee drinker, nor an excessive user of stimulants of any kind, who eats only the wholesome foods. The coffee drinkers are often those who eat the very worst kinds of food, and are not able to take the best kinds.

Extract of coffee, or what is sometimes called essence of coffee, is a direct poison capable of producing death. It is found in candies that are said to be flavored with coffee, and very largely in cereals prepared as substitutes. What are known as the best grains, wheat, barley, corn, buckwheat, etc., are made into a condition resembling ground coffee and given a proportion of the extract poison, thus producing a mixture far worse than the straight coffee itself. To add to the unwholesomeness of cereals, they are coated with a chemical to prevent worms from eating them; and this chemical will likewise render the stomach juices useless in the digestion of any food that may be present at the same time. Breakfast foods are often coated with a similar chemical that is poisonous to worms; it preserves the food at the expense of the human stomach.

Lemonade is suitable as an occasional drink for those who need more acid in the system, or who crave the taste of it; but most persons cannot add much acid to the blood without danger of incurring an attack of neuralgia. It is adapted to hot weather, as it cools the body to a slight degree. Fruit lime juice is better if it is known to be pure. Nearly all bottled goods are adulterations.

Soda water, if used at all, should be taken without syrup. The flavors are not pure. Do not believe they are, even if the vender should assert that he personally knows them to be immaculate. The syrups of soda fountains and the ex-

tracts sold at your grocery include compound ethers, acetic acid, tincture of orris root, red aniline, nitric ether, oil of bitter almond, prussic acid, acetate of amyl, anise oil, tartaric acid, yellow aniline, vanaline, extract of capsicum, mineral red and other poisons. We live in an age of fraud. In order to make money, the manufacturers are willing to endanger the health of their fellow beings, and many a rich man prays for sleep at night under a roof that has been built out of the sufferings of men, women and children whom he has robbed by his cunning adulterations.

Beers and liquors are very much in favor with the ignorant masses and the whippoorwills of wealth. More than a hundred kinds of poisons are used in the adulterations of these alcoholic drinks, which are destroying the kidneys. When once the outer walls of these organs are eaten away there is no hope. In the words of a well known doctor, "After Bright's disease has become fully developed, there is generally not much to do but to get ready for the undertaker." Another physician of wide practice, whose skill and ability are beyond question, says: "There are doctors who recommend beer drinking to their patients, seemingly not knowing that they are aiding to increase the now uncontrollable and always fatal malady, Bright's disease." This means that the malady is always fatal when fully developed. Almost any poison, or material that is not good, will lead up to this disease, but not so rapidly as alcohol and its adulterations.

BRAN-LEMONADE

The most nourishing drink for the brain and nervous system, as well as for the general vitality, is what is called "RALSTON BRAN LEMONADE." This is made in the same way as lemonade, excepting that the water has been made almost of the consistency of milk by being mixed with bran and standing at least six hours. The use of bran water for

drinking purposes is not likely to become popular, as it is too simple in its composition; but let any person whose brain is tired or is overworked or wearied from any employment that saps the vitality take a glass of bran water, either with or without the lemonade, and the result will be surprising. Owing to the great predominance of phosphorus in bran, the nervous system as well as vitality of body and brain are quickly nourished, and the eyes become bright and all weariness departs. Persons who are easily fatigued during the day should drink bran water occasionally. Shop girls, clerks, people of sedentary habits and care-worn mothers will become new being under the influence of phosphorus taken in this way; while on the other hand any phosphates taken in medicinal drinks or liquid form sold as medicine will be found to be deorganized and therefore injurious to the health. Never take into the system any deorganized elements.

HOW TO MAKE BRAN-LEMONADE

You should get some small flouring mill to save you the bran; or it can be purchased of any grain dealer. One pint of bran in two quarts of water should be boiled five minutes, then strained through cheese cloth, and allowed to stand an hour or two in order to settle. Add ice; and, if you prefer, add lemons and sugar.

Food drinks are coming into use; and their value will depend much on their composition. We have no faith in the advertised nerve and other kinds of drinks, some of which are called tonics. The root beers that have no ferment to them, and that are made from wholesome roots, may be valuable in a degree, and are much to be preferred to fermented beers.

Too much uncertain stuff is taken into the system; and the person is wisest who knows what he is drinking. It is a safe rule to let things alone when there is no knowledge of what they contain.

Hot drinks are required by some persons to get the system

going, when it is chilled. In normal health the desire is for something to cool the system, even in winter. If the blood is poor, there must be a heating drink of some kind. The best are those that are merely hot, unless they contain food elements, like some of the malted milks now on sale in the market. They are all good, and serve the double purpose of affording heat and nourishment. People would be much better off in health if they used more of them, and less of the stimulants, such as tea, coffee and alcohol.

The lack of balance in the food that is eaten is the cause of the desire for stimulating drinks; and the whole temperance question will be found to hinge on this one fact. Give the stomach the foods that are best for it, and no man living would have the slightest craving for liquor of any sort that is stimulating; for the desire for stimulants is a cry of the system for proper foods. Ralstonism has saved scores of thousands of men and women from the habit of alcoholism, and can cure any case known if the right diet is adopted. The whole food list and all the methods of selecting and preparing eatables, are made one of the many divisions of the great work, "Ralston Gardens," which is free at the fifth degree.

Since coffee is so generally used to-day, there is a demand for as much light as possible on its merits and demerits; and we therefore present all the facts on both sides, and in as crisp and readable form as possible.

COFFEE

The coffee berry contains very slight nutriment, and no starch.

Its digestibility depends on how it is prepared, cooked and drunk, and by whom.

In all cases it is of very slow digestibility.

In all cases it is partly indigestible.

The longer it is boiled or cooked the harder it is to digest.

The longer it stands after being boiled the more indigestible it is.

Coffee should be ground just before using it. It should be prepared just before it is to be drank. Infusion is the best way of cooking it.

Coffee should always be cooked in soft water, rain water or distilled water.

These last two precautions make a much richer drink, add to its digestibility, and save money.

Coffee produces both good and ill effects.

GOOD EFFECTS

It is a stimulant acting upon the heart, nerves and kidneys.

When needed solely as a stimulant, it should be taken without milk, sugar or cream, and on an empty stomach.

When needed as a food, it should be taken with sugar, milk or cream, or any one or two of these.

Coffee immediately excites the action of the heart and nerves.

Coffee prevents rapid digestion, and thus helps to "keep" a meal.

A laborer can get more value out of a meal with coffee. In other words, it gives food a "staying" power.

It also enlivens, brightens and cheers the mind. It prevents rapid waste of body tissue.

With a little lemon juice, it often cures a malarial chill. This combination also prevents such chills.

Army officers are unanimous in stating that coffee is indispensable for troops in active service to relieve fatigue.

ILL EFFECTS

Coffee retards digestion; it should therefore be avoided by dyspeptics.

It excites the brain and produces insomnia in certain persons.

Victims of sleeplessness often get cured by omitting coffee altogether.

Others by never taking it later than the first meal of the day.

Its stimulating effect upon the hearts is followed by reaction.

This reaction leads to depression.

The use of coffee must be increased to offset the depression. Heartburn often follows the use of strong coffee.

Very strong coffee is a rank poison.

Confirmed coffee drinkers must have it stronger every year.

Coffee essence, or extract of coffee, will kill a person if taken alone.

Cereals or grains prepared as substitutes for coffee are generally "doctored" with coffee extract to give them the real flavor. Avoid them.

All-night work is better done by the aid of coffee, as it keeps the brain awake.

Severe mental strain is aided by coffee, but with dangerous reaction.

Coffee drinkers are despondent if they omit the beverage.

Coffee drinkers often dream at night and have strange fancies.

They soon are enslaved to the beverage. The slavery is discovered by abruptly stopping its use. The craving is as strong as for alcohol.

Nerve tremors, excitability, loss of mental control, irritability and constant unrest are the fruits of the habit.

Nervous prostration and paralysis are sometimes the end.

Coffee prevents rapid waste of body tissue.

This is an advantage to the laborer or the active soldier.

Other persons require rapid waste to carry on the functions of life.

Otherwise the waste is incomplete.

The laborer and soldier complete the waste by hard work. Complete waste produces urea and is evidence of health.

Uric acid is partly completed waste of tissue. Incomplete waste, therefore, results in uric acid.

Uric acid is the cause of rheumatism, dropsy, gout and similar ills. Coffee drinkers generally have uric acid.

This accounts in part for the fact that some laborers are rheumatic; they either drink too much coffee or do not work hard enough.

Other articles of diet also cause these various ills.

The people of the United States are the most nervous people in the world.

The people of the United States consume more coffee than Germany, France, Hungary, Austria, Scotland, Ireland, England and all her colonies combined.

SUBSTITUTES FOR COFFEE

The chief substitute for coffee is chicory.

This is wholesome and nutritious, with no harmful effects.

In 1853 the British Parliament declared chicory not an adulteration and allowed it to be called coffee.

More recent substitutes are made of grains.

Whole wheat coffee is one of the most common.

But unless very thoroughly roasted it is dangerous.

Its uncooked starch irritates the stomach and causes dyspepsia.

It also leads to heartburn and pain in the head.

When thoroughly roasted, it is very valuable for laborers.

It is never good for sedentary persons.

The same is true of all substitutes for coffee, except, perhaps, chicory.

You can test them. If cereal coffees are hurting you, there will be a pain in the heart, or dyspeptic pains in the stomach.

We know of no drink that is so complete as malted milk powder.

It is very strengthening, without exciting influences, or reaction.

It is perfectly digested by weak or strong stomachs.

It also aids the digestion of other things, such as milk, bread, etc.

It can be taken with hot water or with milk.

The Bavarian home made grain coffee is the best.

It consists of roasted wheat, rye and oatmeal with butter.

The butter is put in a hot frying pan, and the ground grain added. It must be well roasted, but not burned.

French coffee (café) consists of pure coffee and hot milk.

The coffee is prepared as usual and mixed half and half with boiled milk.

It is very nutritious if drank in sips or rather slowly.

TANNIN

Tannin exists in tea, coffee and red wines.

It irritates the lining of the stomach and intestines.

It causes constipation.

It deprives the gastric juice of its powers; hence causes indigestion.

Clarets and other wines are constipating.

TEA

Tea contains much more tannin than coffee.

When hurtful, it is, therefore, much more injurious.

Tea is made from young leaves of the evergreen tree *thea*.

The leaves are picked, dried in the sun, then rolled under the bare feet of the Chinese and thus twisted.

Green tea is steamed before it is dried.

It contains more than twice as much tannin as black tea.

For this reason, it is more poisonous.

Black tea is commonly used; it is more hurtful than coffee.

All tea drinkers are slaves to the beverage.

This is seen when an attempt is made to abruptly stop using it.

It cheers the mind, but its reaction causes despondency.

It hurts the valves of the heart and injures the bladder.

Tea drinkers, when old, "drip" the contents of the bladder.

The cheaper the tea the greater injury it does.

Poor people, from its use, become dyspeptics.

The disease and the tannin effects lead to mental depression and unfitness for the battle of life.

The adulterations of tea are so extensive as to give rise to fixed industries.

Many well advertised brands are mere adulterations.

Cold tea and iced tea are more injurious than fresh hot tea.

They lead quickly to weak stomach.

Hot tea is a stimulant.

With milk, cream or sugar, it is a slight nourishment.

It should never be taken on an empty stomach.

It is best with a full meal, while coffee is best on an empty stomach.

To persons enslaved to it, tea often cures a headache.

But the reaction is another headache.

When quite strong, tea helps to cure the alcoholic habit.

COCOA

The value of cocoa is much exaggerated.

It is a very incomplete and deficient food.

Its nutritive value is found in its fat or cocoa butter.

It has a very small percentage of albumin.

In roasting it the albumin is often lost.

In some cocoas chemicals are added to render the fat digestible.

Nearly all cocoas on the market are adulterated.

Persons suffering from kidney or liver troubles should avoid cocoa and chocolate.

Chocolate is obtained from cocoa seeds.

It is in common use and is much adulterated.

It has very little food value when used alone.

When cocoa or chocolate is taken with sugar and milk, it is nutritious.

The greater the proportions of hot milk the better.

Cocoa shells are indigestible and irritating to the stomach.

Chocolate is much better than cocoa as a drink.

Chocolate or cocoa is far preferable to tea or coffee.

The cry of the system, however, is for hydrogen, and there is no other natural use for drinks than to supply this element.

The amount of water taken into the system of a man weighing 140 pounds, in the course of twenty-four hours, amounts to 4.1 lbs.; the dry food, 2.25 lbs.; the oxygen, 2.19 lbs.; the whole amounting to about eight and a half pounds of material every day, furnished the system to sustain its powers. A proportionate amount, we discover, is discharged from the body in the same time, there being no increase of its weight. But in the meantime these materials have become greatly changed in consequence of chemical combinations with other. About a pound and a half of water has been produced, half a pound of carbon has been dismissed through the lungs, and great varieties of organic and earthy salts have been concocted in the system, and drained off by the kidneys. To convey oxygen and nutriment to the changing structures, about twenty-five pounds of blood have been kept in unceasing circulation through all, even to the minutest, channels of the body; and about twenty-one pounds of solvent juices have been poured into the digestive canal to effect the solution of the food, to be again absorbed into the blood.



TABLES OF FOODS

On the accompanying pages are given the most recently arranged and most authentic tables of foods for the guidance of all persons in daily life. We do not use scientific terms; for, having done so in all our previous editions, we find them unintelligible to the average readers, and the request has been well nigh unanimous to simplify them.

In the left hand column we have given the list of foods in their condition as usually taken. It must be remembered that some foods are indigestible at times and wholesome at other times.

The column of heaters and working energy is based on a scale of 1000. If the entire food is a heater, as in butter, or suet, or lard, the percentage is 1000, or perfect. If it has no working energy, it is marked 0. If it has one-tenth, it is marked 100. By working energy is meant the fuel or heat producing value. The working power of the brain as an engine is dependent upon the same element as the working power of the muscles. Thus fat, sugar, etc., is a brain stimulant, a heat stimulant, and a muscle stimulant. Sugar pellets are now provided for soldiers on long marches. This is energy; but, when unbalanced by muscle making food, it is never good. We, therefore, give its value, but show its best use in the many laws of health that are published in this book.

The column of vital energy for mind and nerves represents a higher class of nutriment, the design of which is to give intelligence to the working energy. The best illustration is that of the engine; the muscle making foods build the engine; the working energy foods produce the power to run it, as with steam, and the vital energy for mind and nerves are the engineer, whose intelligence guides the power to run the engine. Thus, the working energy of the body can be very great, as in the labor performed by an idiot or an ox, where the brain works, but without intelligence. Humanity needs brain

power and mind power. This claim has been amply tested and proved by many experiments. Foods rated much under 20 should be balanced by others above 20.

The scale is the same as in the first column, but the percentage is always small in this line, although a little represents great value. When food has 20 points of vital energy for mind and nerves, it is of high rank. Some have over 50, but their indigestibility may affect their real usefulness.

The muscle building column is less important than the first two. The service of this class of foods is in its power to make the material parts of the body, particularly the muscles and the tissue. It should accompany the other kinds of food, especially the heaters, as the latter are fuel and overheat the body. The scale is the same as in the other columns.

Ease of digestion is the fourth scale. Here the percentage has nothing to do with the contents of the foods themselves, but with their ease of being turned into blood. When a person in average health is able to perfectly digest an article of food, we call it 1000 in the scale, as in the case of rice. When no part of the food is digestible, we call it 0. When half of it may be digested, or when it is difficult of digestion, requiring twice the energy of such a food as rice to turn it into blood, we mark it 500. As a rule, foods under 500 should not be eaten by persons who are not out of doors much, and foods under 250 should not be eaten at all; while invalids must beware of foods under 700. The fact that a food is most easily digested does not place it above others, for it has less staying power and may have less strength. When the stomach is sore to outside pressure there is danger, and it is time to call a halt. But difficult digestion not followed by such soreness is an advantage to a laborer or any hard worker.

The last column tells the proportion of water in food. This serves as bulk. The water is often encased in little cells, and after serving the great purpose of stretching the stomach, it is released and passes on without causing distress or oppression.

All elements in food or in chemistry are combinations of a single kind of atoms, as stated in one of the degree books of Ralston Natural College. The shape and character of the atoms remain the same, but certain combinations produce carbon, others iron, oxygen, etc. The atom is the elementary particle of sunlight. This explains why people who are much in the air and light have more iron in the blood and more color in the complexion than others; why animals have much iron in their blood when there is none in the food they eat; why some persons are stout and hearty on a very light diet; and it solves many problems of life and disease, such as the mysterious turning of flesh and blood into sugar in diabetes and other maladies. It is often wondered at how some persons are able to get food and strength from what they do not eat. The old claim that you cannot get something from nothing is still true; and in nearly every case it is also true that the actual food that enters the stomach makes exact results in the body. But nature goes often beyond this simple operation.

Digestibility of other foods.—The following table includes many articles of diet that are rated on a scale of digestibility only. They are not important enough for full listing, and some are variations from those already given, while others are cooked forms of the same. If a person in average health may digest a food without distress or injury to the stomach and with reasonable ease, under conditions that prompt good digestion, we give a perfect rating, or 1000. When food goes through the system unaltered, the rating is nothing, or 0. Articles below 500 are not safe for a weak stomach. If below 300 they are sure to cause trouble in the years to come if indulged in. Invalids require foods rated above 700, and even then most meats are to be avoided. The stomach may not give any signs of injury, although it is being gradually destroyed. Its silence will some day be broken, and perhaps by fatal gastritis. Do not be misled by the many

FOR EXPLANATION SEE OPPOSITE PAGE						
ARTICLES	HEATERS AND WORKING ENERGY	VITAL ENERGY FOR MIND AND NERVES	VALUE FOR MUSCLE BUILDING	EASE OF DIGESTION	WATER	WASTE
Apples, dried	727	14	9	580	250	. . .
Arrowroot	833	3	8	820	154	2
Artichoke	190	18	19	910	766	7
Asparagus	54	4	6	820	936	. . .
Bacon	625	5	84	450	286	. . .
Barley, pearl	780	22	47	1000	75	76
Beans, dried	400	35	240	460	148	177
Beans, green	220	19	205	995	491	65
Beef, fat	456	30	514	650	. . .	. . .
Beef, lean	55	51	894	975	.	. . .
Beets	6	. . .	14	520	871	109
Biscuit	747	17	156	220	80	. . .
Buckwheat	530	18	86	350	142	224
Butter	1000	. . .	. . .	1000	. . .	. . .
Cabbage	62	8	12	360	913	5
Carp	8	29	180	780	783	. . .
Carrots	122	10	11	530	825	32
Cauliflower	46	10	36	380	900	8
Celery	11	. . .	15	250	841	133
Cheese	280	47	308	380	365	. . .
Cherries	210	10	6	595	763	11
Chicken	19	28	216	1000	737	. . .
Chocolate	880	18	88	160	. . .	14
Clams	. . .	25	120	320	855	. . .
Cocoa	322	11	199	140	38	430
Codfish	10	25	165	920	800	. . .
Corn, canned	143	6	28	20	813	10
Corn, green	81	5	21	80	882	11
Corn meal	717	12	131	990	89	. 51
Corn starch	978	2	. . .	1000	20	. . .
Crabs	10	. . .	151	60	839	. . .
Crackers	799	5	103	800	72	21
Cream	45	. . .	35	880	920	. . .
Cucumber	17	5	1	0	971	6
Currants, dried	68	3	9	0	813	107
Dates	737	. . .	. . .	820	240	23
Eels	6	35	170	790	750	39

FOR EXPLANATION
SEE PRECEDING PAGES

ARTICLES.	HEATERS AND WORKING ENERGY	VITAL ENERGY FOR MIND AND NERVES	VALUE FOR MUSCLE BUILDING	EASE OF DIGESTION	WATER	WASTE
Eggs, white of		28	130	1000	842	
Eggs, yolk of	298	20	169	1000	513	
Figs	579	34	50	810	187	150
Flounder	5	35	150	570	780	30
Flour, perfect	750	11	110	1000	125	4
Flour, white	832	5	41	300	90	32
Gelatine	390	. . .	83	1000	490	37
Green gages	268	. . .	3	565	711	18
Haddock	6	26	140	840	828	. . .
Halibut	15	35	180	850	740	30
Ham	320	44	350	810	286	. . .
Herring, fresh	15	45	180	860	750	10
Herring, salt	11	29	155	480	795	10
Hominy	723	18	147	1000	106	6
Horse radish	47	10	1	90	782	160
Kidney	9	14	212	360	765	. . .
Lamb	143	22	196	970	639	. . .
Lard	1000	. . .	. . .	210	. . .	. . .
Lentils	390	15	260	870	140	195
Lettuce	3	. . .	14	670	943	40
Liver	39	12	263	290	686	. . .
Lobster	15	55	140	400	790	.
Macaroni	761	8	90	950	131	10
Mackerel	19	38	174	690	761	8
Milk, condensed	260	21	106	1000	613	. . .
Milk of cow	80	10	50	990	860	. . .
Milk, human	99	5	30	1000	866	. . .
Mushrooms	45	. . .	6	60	929	20
Mutton	140	20	210	540	630	. . .
Oatmeal	686	30	126	470	150	8
Oats	508	30	170	210	136	156
Olive oil	980	. . .	20	1000	. . .	. . .
Onions	52	5	5	235	938	. . .
Oysters, fried	165	4	131	95	700	. . .
Oysters, raw	. . .	2	126	930	872	. . .
Oysters, stewed	12	4	142	680	842	. . .
Oyster plant	140	15	21	930	789	35
Parsnips	145	10	21	510	794	30

FOR EXPLANATION SEE PRECEDING PAGES	HEATERS AND WORKING ENERGY	VITAL ENERGY FOR MIND AND NERVES	VALUE FOR MUSCLE BUILDING	EASE OF DIGESTION	WATER	WASTE
ARTICLES						
Pearl barley	770	12	47	1000	95	76
Pears	96	. . .	1	980	864	39
Peas, dry	410	25	234	450	141	190
Peas, green	224	15	206	1000	480	75
Peas, split	520	31	264	965	158	27
Pigeon, young	19	27	230	960	724	. . .
Plaice	5	55	140	590	800	. . .
Pork	160	22	175	420	643	. . .
Potatoes	158	9	14	850	748	71
Potatoes, sweet	218	29	15	310	675	63
Plums	280	.	7	565	696	17
Prunes	786	45	39	980	130	. . .
Radishes	74	10	12	0	891	13
Raisins	512	6	40	540	400	42
Rice	820	5	51	1000	90	34
Rye	752	5	65	900	135	43
Sago	961	4	. . .	975	25	10
Salmon	5	60	200	575	735	. . .
Saratoga chips	440	9	14	0	405	132
Smelt	15	55	170	795	750	10
Sole	8	25	170	750	797	. . .
Spinach	6	. . .	31	510	902	61
Suet	1000	. . .	. . .	470	. . .	. . .
Sugar, brown	965	5	. . .	965	30	. . .
Sugar, granulated	978	2	. . .	1000	20	. . .
Syrup	550	7	. . .	990	437	6
Tapioca	978	2	. . .	980	20	. . .
Tomatoes	29	. . .	8	470	960	3
Trout	8	43	169	930	780	. . .
Turbot	5	45	160	720	790	. . .
Turnips	40	5	12	390	904	39
Veal	143	23	177	140	657	. . .
Venison	80	28	204	385	688	. . .
Vermicelli	380	17	475	950	128	. . .
Wheat	664	16	146	430	140	34
Whey	46	7	. .	990	947	. . .
Whiting	10	55	150	930	780	5

seemingly contradictory rules as to digestion. They are all in harmony when the conditions of life are understood. Under circumstances that demand long staying powers, the foods that are reasonably difficult to digest are more valuable than those that the invalid finds necessary; what would help the laborer might kill the convalescent. For the sake of future peace, it is better to follow the ratings given in the three preceding pages, and in the following:

ADDITIONAL TABLE OF DIGESTIBILITY

Baked beans, 260. Barley bread, 200. Whole barley, 90. Smoked beef, 360. New beets, 760. Old beets, 310. Bran, 0. New raised bread, 175. Pilot bread, 860. Soggy bread, 80. Brown bread, 610. Buttermilk, 960. Cake, 150. Capon, 690. Cooked celery, 280. Raw celery, 30. Cold slaw, 0. Cookies, 390. Common crackers, 880. Fancy crackers, 90. Patent crackers, 40. Soda crackers, 410. Water crackers, 910. Cranberries, 0. Cream cheese, 760. Doughnuts, 190. Ducks, 475. Eggplant, 825. Graham flour, 490. Garlic, 235. Ginger snaps, 650. Goose, 230. Groats, 980. Honey, 1000. Honeycomb, 0. Junket, 995. Koumiss, 1000. Leek, 235. Lemon rind, 0. Maple sugar, 480. Hard cooked meat, 120. Raw meat, 975. Skim milk, 950. Molasses, 870. Iceland, Irish or sea moss, 1000. Raised muffins, 175. Olives, 70. Pickled onions, 0. Raw onions, 0. Orange rind, 0. Pancakes, 420. Pickles, 0. Pie crust, 110. Pieplant, 120. Lyonnaise potatoes, 560. Soggy potatoes, 10. Very new potatoes, 610. Very old potatoes, 270. Pumpkin, 790. Fish roe, 415. Rhubarb, 120. Salsify, 930. Sauerkraut, 0. Shrimps, 180. Sweetbread, 990. Squash, 820. Turkey, 860. Yams, 780.

THE END OF
KNOWLEDGE DIVISION

Beginning of
THE LIVING DIVISION
OF THE
Ralston Health Club

CHAPTER FIFTEEN



Adding Seventy Years

✧ WHEN YOU HAVE READ THE SOCIAL DIVISION ✧
✧ AND THOUGHT OVER THE MEMBERSHIP DIVISION ✧
✧ AND STUDIED THE KNOWLEDGE DIVISION ✧
✧ YOU SHOULD ADOPT THE LIVING DIVISION ✧

CIRCUMSTANCES hem every person round about so tightly that it is very difficult to get away from the bad habits of living even when they are acknowledged to be the cause of all those misfortunes that make life far less attractive than it ought to be. It is much easier, from the standpoint of convenience, to go on doing wrong things than it is to turn about and take the highway to health.

The Living Division of the Ralston Health Club is new. It now appears for the first time; although some of its introductory ideas are old.

It should have appeared many years ago, and previous editions of this Book of General Membership are defective for not containing the Living Division. Being desirous of presenting this new system to all Ralstonites who are in earnest, we have arranged the three-fold advantage of giving two copies of this new Book of General Membership to every previous owner of any edition of the past, who enters the Vitality Club; besides which we will advance such persons two degrees. This gives all holders of the former editions a very great advantage. If they are loyal and earnest Ralstonites, they will appreciate what is more than presenting them with

this new edition. If they are non-progressive, they cannot ask the favor, or conscientiously accept it.

The Living Division, as has been said, is new. It consists in the constant effort of the Club to stand by you, hour by hour, day by day, and year by year; from the moment of your rising on Monday morning, to the hour of your retiring; and from the beginning of the week to its end; not only in one week, but in all the year; until the errors of your habits are gently corrected and the journey of longevity is well started.

THE DATE OF YOUR DEATH

is not fixed. No scientist and no truly religious person believes that a person will die on a particular day, whether he is careful or not. Science, theology, and sound judgment all agree that human beings are free agents. It is a sin to believe otherwise. It is a wrong to the public and to your family to cease to act as a free agent. Therefore we repeat that the date of your death is not fixed, but that it is solely a matter within your care and keeping

You have two periods before you; one is that which will terminate at a certain time in case you go on living as you have been doing; the other adds seventy years to the former period. Neither is known; but a careful person can figure out the possibility of extra longevity and arrive at a satisfactory estimate.

We believe in a great age, and we shall not hesitate to teach it boldly. We believe in it now more than ever, for the results of careful living have been seen and are being noted at this time, and they are a kind of evidence that cannot be shaken.

What is the worst of woes that wait on age?
What stamps the wrinkle deeper on the brow?
To view each loved one blotted from life's page,
And be alone on earth as I am now.

—Byron.

No person in the possession of full vigor and enjoyment of life wishes to die. Those who seek destruction are generally insane or morbidly discouraged. Some are "willing to go" if relief from the cares and sufferings of this existence may be obtained. But the possession of all the faculties of body and mind, attended by an enjoyment of living, can only inspire all human beings with a tenacious desire to prolong life to the utmost length. Old people think of their many years and expect soon to pass away. In most persons this one thought is constantly in mind and it hastens the breaking down of the faculties, and actually brings on premature old age, decrepitude and death.

The most interesting experiment that a man could make would be to test the possibilities of a long life. The body, mind and nerves are subjected to constant abuse and give away in time to disease. 1. Until recently no scientific attempt has ever been made to increase the vitality of the body. 2. Four-fifths of the food taken into the stomach is injurious. 3. Exercise is either omitted or forced, or taken by gymnasium methods, all of which produce short lives. 4. Cheerfulness is never cultivated, and irritability increases with advancing years. We declare that in the life of any man or woman who belongs to the first class of Ralstonites (and all should be in this class sooner or later) an extreme age may be reached without the decrepitude that usually attends it.

The principles of health are observed in greater or less degree by many men and women who attain a great age without applying the doctrines scientifically, as they know nothing of them except in a rude way. We have met hundreds of persons over seventy, and many over eighty, and a few above ninety. In every instance where we have inquired, and we have done this often, the early life had been spent in the open air; and the love of nature, being thus acquired, had followed through the after years. Necessity furnished regime, and ambition, humble, but intense, had fired the blood. Often by

mere accident of circumstances a long life has been due to a blind acquiescence in the principles of health. Many fabulous accounts are found concerning longevity; but some reports are records, both authentic and accepted without the possibility of doubt. Laying aside the great ages mentioned in the Bible as belonging to a different era, we come down to the present period, and find ample evidence of extreme age.

Regime will restore a broken constitution. Urdini, a count of the last century, who at the age of thirty-nine had ruined his health by dissipation, was told by his physician that he must die in less than a year. He resolved to recuperate his lost health, to generate new blood, to rebuild his body and—to live! In three years he was a new man; he lived to a good old age, and died at ninety-eight.

From authentic records we present a list of long-lived persons. For these facts we are indebted to other works, reports and records.

“**J. E. Worcester, LL.D.**, gives a list of ninety-eight persons in New Hampshire, with the date of their deaths, which occurred within the period of ninety-three years, ending in 1824, all of whom were one hundred or more years old, besides six others, the date of whose deaths were unknown, the eldest of whom was one hundred and twenty. Dr. Worcester gives a table, beginning in 1808 and ending in 1821, exhibiting a list of one hundred and thirty-two persons in the United States who had attained the age of one hundred and ten years or upwards; three at one hundred and thirty; three at one hundred and thirty-four; one at one hundred and thirty-five; two at one hundred and thirty-six; one at one hundred and thirty-seven; one at one hundred and forty-two; one at one hundred and forty three; one at one hundred and fifty years of age.”

“**There were in the United States**, in 1850, two thousand five hundred and fifty-five persons over one hundred years of age. In the beginning of the year 1858, there were in the

New England States four clergymen, all educated at Dartmouth College, each of whom was one hundred years old."

Peter Zarten, near Temesvar, in Hungary, died January 5, 1724, at the age of one hundred and eighty-five. Henry Jenkins, of Yorkshire, England, lived to be eight score and nine, or one hundred and sixty-nine years of age. Thomas Parr, of Shropshire, England, died in 1636, aged one hundred and fifty-two years and nine months. He was twice married; the first time at eighty, the second time at one hundred and twenty years. He had offspring by each marriage. Nina Zahn, near Berlin, died at the age of one hundred and forty-one, having never used meat or beer.

"**John Rovin** and his wife, of Temesvar, died 1741, he in his one hundred and seventy-second year, and she in her hundred and sixty-fourth, having lived together, man and wife, one hundred and forty-seven years. He was married at the age of twenty-five and his wife at the age of seventeen."

"**Henry Francisco**, born in France, died near Whitehall, N. Y., in October, 1824, in his one hundred and thirty-fifth year." Dr. Mussey, formerly a professor of anatomy and surgery at Dartmouth College, says that John Gilley, born in the county of Cork, Ireland, in 1690, died at Augusta, Me., July, 1813, aged one hundred and twenty-three. "I saw him," says Dr. Mussey, "after sunset of a cold evening in December at the age of about one hundred and eighteen. At that time he took the whole care of the cattle in his barn, and cut all the wood for the fire in his house."

"Captain Riley, in the journal of his shipwreck, mentions that he was told by Sidi Homet, of an Arab in the great African Desert who was nearly three hundred years old; and he adds 'I am fully of the opinion that many Arabs in this great expanse of desert actually live to the age of two hundred years or more.'"

"Malte Brun says, 'It was in Punjaub and other elevated districts that the ancients collected numerous examples of

longevity. The Cyni and the subjects of Prince Musicanus, often lived to the age of one hundred and thirty or two hundred years.' ”

Eminent scientists assert that, under favoring conditions :

1. The skin may last for nine hundred years.
2. The bones may endure four thousand years.
3. The heart may endure three hundred years or more.
4. The liver four hundred years or more.
5. The stomach three hundred years or more.
6. The kidneys two hundred years or more.
7. The lungs fifteen hundred years.

The foregoing assertions are taken from different estimates, and they vary in length of time simply because each is the minimum view of the person stating it, and is based on some special proof. The body has unequal powers of endurance, and some part gives way first; generally the kidneys or the heart.

H. J. Weber, in the **American Naturalist**, says: “ Of certain organisms, however, we cannot predict that death will occur. On the contrary, for the Protozoa and probably Protophyta, it has been determined that there is no death. They are according to Weismann, immortal, so far as normal death is concerned. Accidental death must be considered, and the ravages from higher animals to which the Protozoa and Protophyta are exposed are enormous. So methods are provided for their reproduction.”

Nature affords a process to youth, which she intends should be reversed when growth is attained. This claim was first stated by this Club; yet, although the statement is new, the facts which support it are old. These facts we will look at now. Life begins in gelatine and ends in bones. Ask any physician; he will tell you that old age is but the bony tendency of heart, brain and arteries; that ninety-seven percent of all people past middle life are ossifying, or turning to bones, in the **heart**, in the **brain** and the **arteries**; that a steady,

gradual change in this direction is going on from youth to age; and that when any part of the body, excepting the bones, begin to secrete bony matter, weakness follows; resulting, first, in reducing the circulation; second, impoverishing the blood; third, breaking down tissues; and fourth, exposing the organs to the ravages of germ life. These facts are stated by Koch, Grumaine, Browne, Lewes, Bichat, Baillie, and a score of others, and are proved by observation.

There are five great results which sooner or later follow the osseous tendency of the system:

1. The hardening of the skin; whereupon the skin wrinkles, gets old, the hair is killed, and the blood does not circulate freely, causing an aged look in place of the freshness of youth.

We say this can be prevented.

2. The brain turns to bony substance in its intricate parts; it loses flexibility, becomes hard, gets "set," and deep thinking is impossible.

3. The heart is likewise clogged; its circulative action is impeded, the body suffers by reason of poor blood. **We say this can be prevented.**

4. The bones, muscles, sinews, tendons, ligaments and tissues become stiff, and old age—"rheumatically" old age—even at forty, sets in, attended by multitudinous ills. **We say this can be prevented.**

As observation shows, says Dr. Wm. Kinnear, man begins in a gelatinous condition; he ends in an osseous or bony one—soft in infancy, hard in old age. When the arteries are clogged with calcareous matter there is interference with the circulation, upon which nutrition depends. Without nutrition there is no repair of the body. Hence, G. H. Lewes states that "if the repair were always identical with the waste, life would only then be terminated by accident, **never by old age.**"

Paradoxical as it may sound, certain foods which we put into our mouths to preserve our lives help at the same time

to hurry us to the inevitable gate of the cemetery. A diet made up of fruit principally is the best for people advancing in years, for the reason that being deficient in nitrogen the ossific deposits so much to be dreaded are more likely to be suspended. Moderate eaters have in all cases a much better chance of long life than those addicted to excesses of the table. Blockages of the functions of the stomach are more usual to those who eat more than the stomach can utilize than to light eaters. Mr. De Lacy Evans, who made many careful researches in these regions of science, comes to the conclusion that fruits, fish and poultry, young mutton and steer meat, contain less of the earthy salts than other articles of food, and are therefore best for people. Beef and old mutton usually are overcharged with salts and should be avoided. If one desires to prolong life, therefore, it seems that moderate eating and a diet containing a minimum amount of earthy particles is most suitable to retard old age by preserving the system from blockages.

The powerful solvent properties of distilled waters are well known. As carbonate of lime exists in nearly all drinking water, the careful distillation eliminates this harmful element. As a beverage, distilled water is rapidly absorbed into the blood; it keeps soluble those salts already in the blood and facilitates their excretion, thus preventing their undue deposit. The daily use of distilled water is, after middle life, one of the most important means of preventing secretions and the derangement of health.

The opinions just cited are from an eminent medical authority backed by the best scientists of his profession. The plan of prevention suggested is a small part only of the Ralston methods.

HOW LONG WILL YOU LIVE?

As has been stated there are two periods of possible duration for you:

The first is for a Class-One-Ralstonite, or one who is seeking perfect health.

The second is for a Class-Two-Ralstonite, or one who lets circumstances drift him down stream until the open sea of disease is at hand, and then works a hundred times harder to get health than would have been necessary in order to keep it; and who seems to believe that drugs and patent medicines are life-boats. This Living Division is not for those who are in Class Two, and what is said is not for their consideration.

Class-One-Ralstonites are those who are sufficiently interested in the questions of health to take some pains to secure it, or to hold on to it if they already possess it. Life is a fight against disease even if you are well.

All invalids can regain health if they are in earnest, and are able to act for themselves; except in the few rare cases where an incurable malady has its fatal grip on life. Ralstonism can better any condition that can be bettered at all; and it can bring health to many who have no chances of recovery by other methods. It is always helpful to the doctor, and often pulls the patient through in spite of the doctor.

Ralstonites who do not live up to the doctrines of Ralstonites stand no better chance of getting well than do other negligent persons. We find that many men and women boast of being Ralstonites, who never made the slightest attempt to put into execution a single one of the laws of health. Such members are not representatives of this Club, even if they hold the highest rank. The earnest, faithful Ralstonite never fails to get good health and to hold it.

The last named member is invited to come with us as a companion in the ensuing pages of this book, and with us to make the gallant fight for great longevity. How long did you think you would live before you became a faithful Ralstonite?

Add seventy years to that estimate.

This means to add seventy years of real life to the era of existence that was probably your allotment prior to your adoption of Ralstonism.

There will be great things going on in this country for the next seventy years. Let's live to see them.

Why would it not be a good idea for those who wish to put the principles of Ralstonism into real and earnest practice, to form an alliance the sole object of which shall be to see how many years of active and useful life may be added to what is now the gift of the Creator? Such an organization could be conducted without expense or much trouble; for all that is necessary is to notify us that you wish to be considered an active member of the Ralston Longevity Society, and we will do the rest.

The benefits and blessings of such efforts cannot be understood until they are thoroughly underway, and all who engage in the making of them have come to realize that they have made vast gains toward a great goal.

It is worth the effort to live in the wonderful era that is sure to dawn upon humanity very soon; just as it would have been a glorious thing to have lived fifty years beyond the limit of two generations ago and to have witnessed the triumphs of this age. Could some man or woman awaken from the grave, who went down to it before the last century was half through, what revelation the world of to-day would be?

Let's try to reach an extraordinary age. You are invited to send us your name and also the names of your earnest friends.



CHAPTER SIXTEEN



The Four Cardinal Points of Health

✦ THERE ARE FOUR CARDINAL POINTS OF HEALTH ✦
✦ ✦ WHAT TO EAT ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦
✦ ✦ ✦ WHAT TO DO ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦
✦ ✦ ✦ ✦ THE VITAL SCALE ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦
✦ ✦ ✦ ✦ ✦ AND MERRIMENT ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦ ✦
✦ THESE FOUR MAKE UP THE FATEFUL LIST ✦

LIVING like a Class-One-Ralstonite is not at all difficult. In the first place you are in earnest, and this is the whole secret. Being in earnest, you become observant. An observant person pays attention to the many details that made up the day's history; avoiding those that are enemies of health, and adopting others that are sources of benefit. This is all. It requires no more time to live in the correct way than it does to live in the wrong way; and the latter is awfully expensive in the long run, to say nothing of the suffering and misery that follow.

There are four cardinal points of health, and they may be briefly stated in the very few words below:

1. Food.
2. The day's activities.
3. The vital scale.
4. Merriment.

While the language is not precisely the same as in former editions, the essential meaning remains unaltered. The two last named,—the “vital scale” and “merriment,”—belong to

the second degree; and the Vitality Club of that degree deals in a most thorough manner with the whole subject of the life-principle. To make these clear we will explain them at this place, beginning first with

THE VITAL SCALE

This is a sort of thermometer that indicates the amount of vitality in the body. It is not an instrument, but a method of reckoning whereby the state of energy is ascertained.

Vitality is everything. Without its power there is always a tendency to disease; and, when it is low, the battle for health is hopeless. It is able to resist most maladies, if the proper food is taken to aid it; but, lacking this help, it falls like a structure built on the sand, unable to endure the storms and floods.

Nature bestows it with a lavish hand; but, despite the fact that the average children are born with double the vitality of their parents, the errors to which they are subjected in their early years send fifty percent of them to the grave in infancy, thus overcoming the good start given them at birth.

Heads of families or those who have charge of others, should know how much vitality, as measured by the Vitality Club, is possessed by each one, including:—

THE CHILD,
THE YOUTH,
THE MAIDEN,
THE YOUNG MAN,
THE YOUNG WOMAN,
THE FATHER OR MOTHER,

and all who are well and sick, if improvement is of any importance.

The Vital Scale extends through a range of 100 degrees. Do not mix these with the degrees of the Ralston Club, which are 100 also. They are in no way connected. One relates to vitality, the other to progress of interest in the

art of doing good in the world. Let us look for a moment at the

PLAN OF THE VITAL SCALE

0.—This is nothing, or zero. It represents death.

10.—This is one-tenth of perpetual existence, or one-seventh of absolutely perfect health. It is so low, however, that it is called “dying,” for very few persons whose vitality is only 10, are able to make a successful fight against disease.

20.—Every person whose vitality is at 20 degrees or more, has more than even chances of securing perfect health. They are not called sick, but weak and easily wearied. For them there is no treatment but that of the Vitality Club.

30.—The majority of the people including men and women of apparently good health, are not far from 30 degrees in the Vital Scale. It is a fact that all persons of this degree, who are not following the plan of the Vitality Club, or some system based on its natural laws, are **tending downward** all the time. For them the Vitality Club is the greatest blessing ever established.

40.—Once in a while you may find some persons whose vitality exceeds 40 degrees, but they are not numerous. They are generally well, but are tending downward all the time.

50.—Still fewer are those who are thus far up the scale. As life advances toward age these rare exceptions are constantly losing ground.

60.—There are men and women of exceptionally fine health, who can boast of reaching this degree. We are frank to say that we have never seen any such, unless they were Ralstonites of years' standing who had actually lived up to the doctrines of Ralstonism. Many claim to do so, but an analysis of their lives shows their mistake.

70.—This degree of the Vital Scale is the highest goal of the two Clubs. It cannot be attained except by the blending or harmonizing of the systems of the Ralston Health

Club, and of the Vitality Club. Once attained, there is no possibility of the child, the youth, the adult, or the aged, ever dying of disease, unless through a wanton throwing away of the great gift of perfect health. The 70th degree of vitality is for those who are down and wish to come up; and, also, for those who are up and do not wish to come down.

80.—This stage is not attainable except by a change of modern conditions of living suited to the plan set forth in the book of Real Life.

90.—What is true of the 80th vital stage is also true of this. We have never held out to members of these Clubs the promise of passing the 70th stage.

100.—“Perpetual existence.”—This is founded on a possibility too remote for consideration. Those who wish to study the subject will find all the facts of science fully presented in the book of Real Life. There it is shown conclusively that death is the penalty of allowing other life to remain on earth, to remove which is amply within the power of man. The connection between the two propositions is proved by a mass of facts that are quickly convincing. The bare suggestion, when submitted to careful investigators, seems too strange to be believed; but, as all careful investigators read and ponder before they express themselves, they take time to examine all the facts; and they have never failed to find them convincing.

Of course such a change would require a revolution in the thousand wrongs that go unchallenged today; but new roads are being taken, and they lead to the right sooner or later.

We are not privileged to discuss these matters here.

The only scope of the present chapter is to explain the third Cardinal Point of Health, which is Vitality, and that is reserved for the great systems of living which are set forth in the book of the Vitality Club, a volume that is free to you at the second degree, and that all active Ralstonites are sure to secure, for no one will fail to advance that far.

CHAPTER SEVENTEEN



Merriment

✧ ALL NATURE BLOSSOMS IN HER FLOWERS ✧
✧ THE SKY IS FULL OF SMILING STARS ✧
✧ AND HEARTS O'ERLEAP THEMSELVES ✧
✧ WHEN JOY OUTPOURS ITS HEALING BALM ✧

UNTOLD wealth of vitality awaits those who know what the great organ of laughter is for, and how to use it. The first thing is to know what it is, where it is, and its relation to the life with which it is associated. Then there should be the means of calling into use the great activity for which it was created.

All we can do in this book is to invite attention to the wonderful organ of merriment that nature has given to every human being. We do not refer to the muscles of risibility, as they are called. The later are located in the face and are peculiar to the human race. It is a good rule to know that, whatever has been given us by the Creator, is intended for use. Some persons think it is undignified to be merry; and the staid parents often check the laughter of the little ones on this same ground; preferring to pay doctors' bills and bury the children rather than let them get their health and vitality in the way that has been designed by an All-wise Father.

Do not for a moment think that the Vitality Club is one of merriment. It is not. Its methods are not those of merriment. It follows out a close and thorough study of vitality from every standpoint, and thus makes good the third Cardinal Point of Health. Then it includes, as a means of making

its system complete, the fourth Cardinal Point, which is merriment.

What we wish to describe here is the organ of laughter with which all humanity is provided, but which is too often forgotten and neglected. This organ is located at the floor of the lungs and heart. It is also above the roof of the stomach, and involves directly the liver, the stomach, the heart and the lungs in all its activities.

The principle of activity is that it gives motion to the tissue of which the body is composed; that motion breaks down millions of cells of life in every second of time; the blood is excited to come in at the breach and to leave many times more new cells than are broken down; and the parts under the excitement are thus given a large amount of new material with which to repair the loss.

If **this activity** did not occur, there would be no repair and no health; but the body would grow old at once, and be very feeble. Let, therefore, the law be well understood. There must be activity, and there must be new material in the blood, the material must be of value, there must be a breakdown of the old tissue, and the new must be attracted in to take its place.

This present age is running mad with the silliest systems of physical training ever known. Anything that can be called physical culture is being employed, and this enables the promoters to advertise all kinds of so-called physical training methods. More harm is being done than when there were none at all, for the people get the idea that anything that exercises the muscles is good for them. This is not so.

The habit of enlarging the chest muscles is sure to hurt the lungs, because the latter are muscle-bound thereby. Then most of all the movements given are hard on the heart, which weakens that organ. Many a death has been caused by such mistakes.

The one thing needful is to bring certain activities directly

into the heart, the lungs, the stomach and the liver. The last named organ will not act when there is much food in the stomach until it is given certain movements of its own structure; and these cannot be imparted by physical training, except in a very few and exceedingly rare instances. We have examined over six hundred systems of physical training, and have not, in a single instance, found one that would thus act on the digestive system. This is saying a good deal. And we have not found one that would not hurt the heart and lungs, if indulged in as directed by the promoters.

The usual exercises make the muscles in and around the surface of the organ strong and vital; but the good is wanted within more than at such places.

The organ of merriment need not be used to cause laughter in order to do the work of laughter. Of course, there is nothing that will set the liver going so well as laughter; but some persons cannot laugh, and they should have substitute-action. Some suffer from grief that renders the prospect of employing the laughing organ very remote. If they are not morbid nature re-acts and gives them the spirit of merriment in subdued form. But even for them there are exercises that are capable of producing the results of laughter and yet that do not require laughing. These are provided in the book of the Vitality Club.

Physical training does not reach the cells and tissue-structure of the heart, the lungs, the liver or the stomach, and does not in fact, as is claimed for it except in rare instances, set in motion the fluids of digestion. If a person takes a walk, the muscles of the body that are employed in walking get the exercise; and they also get the nutrition that the blood has to offer. They get even the vitalizing effects of the walking.

To set in motion the cells and tissue-structure of the organs such as the heart, stomach, etc., requires peculiar movements; a few of which are found in the Ralston system known as

“Culture,” which is free at the fifteenth degree of the Ralston Club.

But to reach them more easily, the laughing organ is the best; for its action is decided, is directly in contact with the vital organs, is full of vitality and shakes every cubic inch of such organs without taxing the nerve centers as does walking or other specific physical action. This makes it the natural method of vitalizing and re-building those organs. For instance, when the laughing organ is doing its work the heart shakes and the lungs dance with rhythmic motion, yet no tax is placed on the nerve centers or on the system. At the same time the stomach is given the only movement that reaches its structural parts and invites the juices to their work. By tests in comparison one minute of laughing-exercise does more good to the stomach than a year of any substitute, for it shakes the organ with a gentle yet powerful action that nothing else can do, and this is what builds its tissue and renews its structure.

The means for merriment and the causes of laughter are given full investigation under the plan stated in the Vitality Club. Much good has come from it, and more is sure to follow. Real laughter is recommended for those who can laugh or who wish to learn to do so; but for all others there is given the same exercise of the organ of merriment without mirth or frivolity. This method is new. There is nothing old or previously published in the system. Even the instigations to laughter are new and dramatic in their effects.

The splendid exercises and social methods which are set forth in the book of the Vitality Club, ought to become at once a part of every home life, no matter what may be the condition of the health of its members; for no person can too soon take up this glorious medicine of nature that has done more healing than all the drugs of all the ages that ever have come and gone.

CHAPTER EIGHTEEN



Living like a Ralstonite

- ✦ JUST A LITTLE THOUGHT AT TIMES ✦
- ✦ JUST A LITTLE COMMON SENSE ✦
- ✦ AND A WILLINGNESS TO FIND ✦
- ✦ NATURE'S SIMPLEST ELEMENTS ✦

BEFORE BRINGING this volume to a close, we deem it to the advantage of our members to present to them a brief system of taking advantage of the methods of living which are given throughout the pages of this book. This does not mean that the book is not to be read; for all interested Ralstonites read a little each day. One minute in every twenty-four is not much to devote to this volume; and there are many who boast of having read a page of Ralstonism every day for many years.

We have said that the two **Cardinal Points of Health**, Vitality and Merriment, are contained in the book of the Vitality Club; the former making a large work in spite of all we could do to condense it; but not by any means as large as the giant volume of Ralston Gardens.

The other two **Cardinal Points of Health** are what to eat and what to do; or food, and the day's activities. These are to be considered briefly at this part of the present work. What to eat is fully considered in the Knowledge Division, and need only be referred to as we summarize; but a few new ideas will be worked into the presentation of the facts.

“What to do” will include many little details that go to make up the whole day’s living. We will begin on Monday morning, and on the first day of January. Aside from the good resolutions and the lateness of the rising, we will regard the day as any one of the mid-winter months; so that any January or February day will answer to our description.

In the first place do not get up too late. Do not lie in bed on any winter morning after the sun is making the east bright. Get up in time to take everything easily, and so not rush to get caught up with the duties. We know that there are some who will cry that this is nonsense to rise early; it is nonsense to rise at all if you need the sleep; and if you have been turning the day inside out, do not read any further. The patent medicines were made for you. They and your misery are partners.

If the room is cold, dress in a hurry; and let that be the only hurry of your life. In every thing else, “take things easy.” Get out of bed the moment you get awake, if it is time to do so; for you must not form the habit of lying in bed after you wake up. It is the worst of all sleeping habits, and invites restlessness in efforts to get asleep at night, as well as the sluggish nature. When you are awake, see if it is time to be up; which will mean that it is within a half hour of sunrise, or any time before the east is very bright; then slap yourself hard enough to make the blood tingle, and jump right out of bed with a vim that shows decision of character. Remember that the lazy sluggard lies abed and gets morning doses.

If the weather and temperature permit, it is well to give the body a rubbing down, to throw off the urea that clings to the skin from the nights repose. This is a poison and should not be shut up in the clothing all day long. You will feel better and be better if you have the skin pure and sweet to begin with; and catarrh or clogging of the system will be less likely to follow. A quick bath may be taken by undressing the upper half of the body and using a sponge

and cool water; drying the neck, face and shoulders first; then proceed to the chest and dry that; then to the abdomen; and so finish the upper half. Do not allow the body to be subjected to much wetting in a room that is not of high temperature; and keep bathing in small sections to prevent loss of animal heat. This kind of bathing is very beneficial. Then dress the upper half of the body and bathe the lower, using the same care. If you can get in a bathtub all the better. A morning bath in cool or cold weather should not occupy more than three minutes for the whole of it. Hence speed is needed, as it is a part of the hurry process of getting dressed.

All the first movements of the day should be made in a hurry; and they all relate to dressing. After the night's rest the functions are all sluggish and the use of speed will make them normal and healthful for their day's work, if this is done when the stomach is empty and in the very first duties of the day. For this reason, you should acquire the habit of jumping out of bed with the greatest possible alacrity, of bathing with rapidity and of dressing with speed. You will feel much better for it.

The same principle would be carried into effect with your horse if you possessed one. It is well known that the condition of the skin of the horse determines his health, and especially the good that he is to get from his food. If the hair and skin are not thoroughly exercised a long time each day, the horse will not get good from what he eats and he will be worth fifty per cent less in his day's work. For this reason many horsemen take unusually great pains in the care of the skin.

Most human beings get out of bed at the last moment, then get lazily into their clothes, with the urea of the skin clogging the pores, and a body of discomfort to be dragged through the weary duties of the day, having had no stirring up and nothing to excite into useful action the many func-

tions that have been held in abeyance all night. Hence they will not feel well, and it would hurt them to start right, for they have not the will-power to do the best things for themselves.

They cannot raise the old cry that it takes too much time. This is the falsest thing they could utter. It takes much less time to live like a Ralstonite than it does to live the way they do; and it costs nothing at all. The whole story is summed up in the one word, laziness.

These sluggish dummies of people who suffer all the time and who are too dull to do for themselves, expect to take medicines to cure them; and, acting after the well known principle of human nature, many sellers of patent drugs advertise that "they work while you sleep." The advertisers have sized up the patients, who will next expect some process whereby they will be bathed while they sleep.

There are two results that are grand that follow the methods of great activity in the morning and the quick bath of not more than three minutes in length. One is the freedom of the skin from the poisons that lead to catarrh; and the other is the stirring up that is given to all the inward activities. Appetite follows. The best of spirits follow; and the sense that cleanliness is next to godliness makes the atmosphere of each day's life seem far more exalted because of it. The body is abused when it is sent to breakfast without this stirring up; just as the furnace of the engine is abused when the clogging ashes of the night before are not cleaned out to make way for the new fuel of the coming day. Food is fuel and why do you go to breakfast without stirring up the clogged condition of the previous night? Why do you put fresh coal on dead ashes?

In other words, the real live Ralstonite is a real live individual in the first ten minutes of the day. Start that way and you will be a new person in a few weeks. Most people will not heed this advice. One woman says she has done

it and she is the picture of new health; a dozen women say they have not done it but are going to think about it, but consider themselves good Ralstonites just the same, and they go on down hill all the time, and do not try to put into practice the plain truths of nature.

If you do nothing else that is like a true Ralstonite, try at least this much. Try the speed of movement in getting out of bed and in dressing. Try the three minute bath. Do not make it five minutes; or, as a good lady did, a half hour, and then cold. Follow the rules.

If you have bronchial trouble, throw a dash of very cold water on the neck and upper chest, just as you are about to wipe the body there. If it makes you gasp, it will do you good; if it does not make you gasp it will not do any good, and ice water will have to be used. Wipe in one second after the dash. Do not wait. Wipe dry. Keep at it until the body is in a glow at that place.

If you have heart weakness throw a dash of cold water over the region of the heart and wipe as soon as possible. Do not repeat the same day. Just one gasp and one quick wiping dry; that will do the work.

If you have indigestion, throw a dash of cold water on the stomach, and wipe at once. Any loss of time will cause colds. The shock must be followed by quick wiping. One man who thought he would do it by wholesale, applied the three dashes of cold water, one after the other, and then wiped them dry. He got no benefit from the bright idea. It is necessary to follow the directions with exactness.

Now, after the three minute bath, get dressed as soon as you can. Do not put dirty clothing next to the skin. If you must wear it at all let it be on the outside where the public may see it; for it is much healthier. Never dress till the skin is in a glow. If you wipe by sections, beginning with the face and neck, you will find the whole body in a splendid glow. If you wipe the whole body after bathing

the whole body, it may remain cold and clammy and never get in a glow. Try the two ways and note the difference. The brush may chafe the skin but will not bring the blood to the whole surface at once. Wet the neck and upper chest and wipe them, and see how quickly the blood will come to that part.

Now for the mouth. The sweetest mouth has countless millions of disease germs in it that have been developing during the night. Do not let them lodge in the throat, nor get to the lungs, nor enter the stomach. Salt is cheap. It kills these germs. Have a shaker of fine salt at hand ready for the morning use. Rub the salt on the gums; it will harden them. Rub it on the teeth; it will remove all decay. Let it get into the bad places, even if it hurts; for it will eat out the parts that are undergoing ruin, and soon leave them free from the danger that otherwise would soon make the whole mouth a ghastly graveyard. The people of Corea never have a bad tooth in the head; they begin to use salt from infancy.

Rinse the mouth. Then get a drink of good water as pure as you can find.

Know what kind of water you are drinking. Do not take any chances; for more than half of the disease of the world, and more than two-thirds of the old age are due to the faults of the water that is used. You say you have no way of knowing what the water is. Oh, yes you have. No person, in this age of adulterations and slow poisons in food and drink, is helpless.

You are the architect of your own misery. While it is true that some one else sets before you the food that you eat and the water that you drink, you have a way of knowing what they are and whether they are fit for the stomach or not; and that way is by a local club. You can organize one, and your club may operate with others in the same locality to the end that everything eaten and drunk may be known. We had

such societies many years ago; but they were not effective because of the fact that some members insisted on regular meetings, while the persons whose time was valuable and who were the most desirable associates for the clubs would not agree to attend regularly. Let them now be formed to merely exist, and to have committees appointed to do certain work, and to meet as they may be called. See the earlier pages of this book on the subject.

Of all the deaths by typhoid, nine out of every ten are wanton throwing of life away. Note this: A Ralstonite had a beautiful daughter and she died of typhoid fever. He had been warned times enough that his well was surface drainage. Did he care? Yes. Did he love his daughter? Yes. Did he try to save her life when she was sick? Oh, yes. Did he try to prevent the sickness? No. Not at all. He simply took his chances. He did not believe that she would take the fever and die, as she had never had it before. So he went along and took his chances. He has another daughter. Has he removed the well? No. This case is typical of the highest types of human civilization of to-day. We know of a hundred wells of water from which a thousand men, women and children have died of typhoid fever. We said this a year ago. Since then many have died from the same cause. We say it now. A year hence many more will have died from the same cause; which is drinking the water from these wells.

Of all the water that is put into the stomach, there is not one quart in a thousand that does not contain some danger. Let clubs be organized and let something be done. Stop charging to the Creator the taking away of beautiful children who die of typhoid fever. These thousands of deaths each year are due to the wanton stupidity of the people.

Now, after rinsing the stomach out, get into the sun or the light, and get a number of deep breaths of pure air. You say it is too early to get up. If it is after the sun has made the east light, it is not too early. There is plenty to do.

If you will have to wait for some time for breakfast, get some of the cooked flaked breakfast food, of the dark brown hue, and eat it. If you do not like it, eat it just the same. Let it remain in the mouth as long as you can, and thus carry the saliva to the stomach.

If you will not take the dried cooked breakfast food, get a cup of the hottest water in the house, and put in two tablespoonfuls of malted milk, and stir till all is dissolved; then drink and hold in the mouth so as to swallow gradually. Six mouthfuls of the dry cooked dark-flaked breakfast food, or two tablespoonfuls of the malted milk; will prove almost a breakfast. All the combined duties of the morning thus far outlined will serve to make you free from headaches, unless your vitality is low. If it is go to the second Ralston degree at once.

Never use the eyes on an empty stomach in the morning. It is a good rule never to do so anyway; but in the morning to use the eyes for reading or work, is sure to bring on trouble very suddenly and when least expected.

If your hours of rising are ahead of the family, make them good Ralstonites, and all of you will soon dwell together like people who are learning the art of sensible living. Convert them to your ways. The result will be plenty of time for the morning pleasures, no hurry, and no cramming of the breakfast down an unwilling oesophagus, with the sight of thousands of bottles of patent medicine looming up in the near future.

What we say has reference to every day in the year. We began by talking of the winter months with reference to the time of rising; but now we wish you to get up with the sun day by day, if you can be induced to do so. If not, then get up as early as you can. The bad men and women of the world are never the early risers; but are the late retirers. Virtue, honor and honesty go to bed early and get up early. By this is not meant that all who retire late are bad; but it

means that the time for honor and honesty to be abed is when the midnight hours are yet ahead; and the time for them to arise is when the sun is tinting the eastern skies. Most people think it is smart to reverse this rule; and they pay the penalty for their foolishness. They can defy nature; but she will exact the penalty; and, when they are tossing on beds of misery, she is blessing others who believe in her as the mother of health and happiness.

When people learn this primary lesson, the patent medicine bottles will cease to make rubbish heaps in the back yards, and the bank accounts will begin to grow accordingly.

The hair must have some attention in the morning. We notice that the comb and the brush are fetid and fermenting. They have a sour smell. Let them be kept clean by scalding and do not let any matter collect in them. Never use a sour towel, a sour comb or a sour brush. Boric acid is helpful when hot water will not suffice, but much of it hurts the hair.

Your breath is not good, and your skin is yellow. Is there any vessel of impure matter under the bed or in the stand? Doctors say these are found, and generally open, in nine sleeping rooms out of every ten, and do great injury to the blood.

Look over the breakfast menu. See in advance what it is to be. Make your landlady a Ralstonite, for she will save money by her adherence to the right things to eat, and you will get a greater variety of food and more enjoyment. The Ralston foods, as published in the great department of Ralston Gardens, which is free at the fifth degree, contains the longest list of enjoyable eatables ever set before a king, and it will keep an unending variety in the home year in and year out.

If you have a long time to wait before breakfast, either get the pure outdoor air, or else employ yourself with something to do that needs attention. You say you have too little time for self-improvement; but here may be an hour or a half,

that is on your hands, and that you have generally been spending in bed. Do not let the stomach remain long empty, for your face will soon lose its red tinge, and you will be bilious.

The regular breakfast should be the heaviest meal of the day if you can make it so. At all events the evening meal, or that which is eaten at any time after twelve or one o'clock should be the lightest. Take no heavy food later than two o'clock in the afternoon under any circumstances, for the health will soon give way if you do. You may be able to avert the fall till a late day; but, when it comes, you will be helpless. If the morning meal cannot be made the heaviest of the day, then the noon meal must be. There is no exception to this law.

We have tested the question for over a quarter of a century and have had more opportunities for getting at the facts than any other body of investigators. When we are dealing with theories, we are willing to yield to the opinions of others, if we are not sure of our correctness; but when we know a fact to be a fact, and know its results to be facts proved over and over again without variation in their workings, we will not yield our position to any person on earth. Some people, who wish to please others, profess to believe that the waste of day is made up at night.

The mental and nervous losses of the day are all repaired at night; but repair is not fuel. The brain and nerves must have fuel to work with all day long; and that fuel should be put in the body in advance of its use, not after the period of activity is drawing to a close. To go to bed with the body filled to the brim with the fuel of an evening meal, is to clog the whole machinery, and it also means that the fuel is making an effort to keep nerves and muscles active all night.

What kind of repose is that in which muscle-making food

and nerve-making food are fighting to do their work, when nerves and muscles are in need of rest for repair?

If such fuels are taken in the day time and in advance of their use, they will repair as fast as they break down tissue, and the new body will be all the stronger and tougher for it. If the repair of muscles and tissue is carried on at night, the body will be flabby and unhealthy, and the nerves and brain will not be refreshed by the abnormal conditions.

In every possible way have we tested these things, and we have found that the morning meal should be the greatest of the day, the noon meal the next, and the evening meal the lightest. The latter should consist of sleep-producing foods, for they aid in the natural and sweet rejuvenating of the mind and nerves, and bring the stomach hungry to the table the next morning.

It is not quantity that constitutes the value of a meal. Look at the possibilities of a good or bad breakfast. This first meal of the day should be as plain and as nourishing as it can be made. This is on the principle that the first food of the new day should not be sickening or distressing. It, of all others, should be substantial and clean in every respect.

What do most people eat for breakfast? In the first place they do not have clean stomachs to put anything into; for the remnants of the clogging meal of the night before are still there. There are two things to attain before one sits down to breakfast; the first is to have a clean system into which to put the food of the morning; and the other is to have the system free from the clogging food of the night before.

Many persons are taken up with the fad of going without breakfast, on the ground that it serves to clean out the system from the clogging material. This claim is true as far as it goes; but the same result might have been better attained by omitting the evening meal and then coming hungry to breakfast. Those who have tried the omission of the breakfast have, in quite a number of cases, had to pay a severe

penalty. Some have died from the effects of using the body half a day without fuel. Neuralgia is the first signal of danger.

People do not eat often enough, and they eat too much all the time or too much part of the time. If they omit breakfast, they get a ravenous hunger at night, which is a reverse of the purposes of nature. Many persons claim that they have no appetite at breakfast; and the fact is they have all their appetite at night or for the evening meal. Let the latter be omitted, and they will come to the breakfast table hungry; then, if they are wise enough to start the day with clean and wholesome food, they will feel the good results of it all day long.

These facts have no attraction for those who wish to jump out of bed and jump at once to the table, pick over a few things that nauseate them, and then let the hunger of the day come on in full force for the evening meal, after which they stuff the system with cake and sweetmeats, candy or anything that will fill up the hungry crevices; and go to bed, only to be tossed in dreams or racked by muscles and nerves that twitch all night while they sleep more or less soundly; and leave them dull and yellow when the time comes for rising in the next morning.

Better, far better, is it to eat nothing after two o'clock of any day when you have no appetite for breakfast; and then see how quickly you will find an appetite for the coming morn.

Start the day right; and then let the faults of living come in as they can after that. Get up right; dress right; take some action in the right way; go to the breakfast table hungry; eat plain food and plenty of it; and then you can abuse your body all the rest of the day, and the penalties will not be half so great as now.

Do not eat sweet things for breakfast. Omit fried and greasy food. Omit meats that are hard cooked, or cooked

over; have everything as plain as possible, but in great variety. Make the meal the most attractive of the day. Omit ham and pork, pancakes, buckwheats, etc., at the morning meal; for they only serve to start the day wrong by filling the stomach with sickish and nauseating foods. Your complexion will largely depend on what you eat for breakfast. In the great book of Ralston Gardens, all the meals of the days are fully set forth with all kinds of food for all kinds of people for all times of the year and in all kinds of climes.

The best way of eating is a way that no one will adopt; and it seems like a waste of words to present it here. The eating of five light meals each day, with the heaviest in the first half of the day, is strictly scientific and hygienic. The present custom of eating only three, is unscientific, and it is made worse by the lack of balance in having the day begin without hunger, owing to the heavy meal of the evening before.

The facts presented in the foregoing pages of this book tell you all about the value of foods, and the general principles of eating. No person can ever read those facts without absorbing some of them, and the result is that they will put them into use, almost unconsciously. We, therefore, recommend that you read a page or two daily from the department of knowledge in this book. Do not try to adopt the whole plan, as it is too extensive. Let one or two new ideas each day come into your life, and you will soon find yourself living up to the doctrines which are there taught.

There should be a reasonable amount of activity of the whole body out in the open air during the first hour after each of the three principal meals of the day. Most persons are so situated that they cannot get this activity; and those who have command of their time, allow their social duties or inclinations to come first, and their health to come last. It is a rule of all who are invalids or of broken health, or of low vitality, that they permit the consideration of matters of health to come last of all things in life; and they pay bitterly for it.

Whether people can or cannot get an hour of gentle activity out in the open air after each meal, the fact remains the same, that nature demands it, and will not take any substitute. When she made a body of muscles and nerves that were endowed with the faculties of great and varied activity, she never contemplated their almost total non-use by humanity. A life cannot be diverted to conditions which are exactly the opposite of those for which it was constituted.

The health of all the faculties is vastly better when they are employed; and vastly worse when they are allowed to rust.

The reason why the activity should occur after eating is because the body invites nutrition directly from the food, which leads to the assimilation of its value; whereas, if the body rests after eating, the food-value is largely lost, and the required strength is not attained. Then, again, the formation of urea is natural if there is an abundance of gentle exercise for an hour after eating, especially in the open air.

People who have given a fair trial to this plan of living, all agree that they are in much better condition and that they do not suffer from the tendencies toward the formation of uric acid and rheumatism which follow the habits of quietude after eating.

Violent activity stops all digestion, when there is food in the stomach. Gentle activity aids digestion at such time.

Rest for fifteen minutes before eating, prepares the nervous functions of digestion for their work, and aids very much in the after efforts of the stomach to digest its food. Such rest tones down the weary fluctuations of the nerves that are to take part in the work of digestion. Too many persons go to the table all played out as far as their vitality for eating and assimilation of food is concerned, and the habit of resting is the best method of correcting that evil.

Rest after eating tends to serve the lazy disposition, and to clog the digestive system.

The liver refuses to begin its work after a meal until there is some physical activity.

All these principles are nature's method. If people will not heed them they must pay the penalties. No medicines, no trips abroad, no sanitarium for the wealthy, no treatment that man ever invented or will ever invent, can cope with this great fact. Nature must have her way in this, if she never does in any other thing; and, as sure as she is thwarted, she will assert herself just as plainly as she does when she makes death follow poison. It is her way.

The use of activity preceding a meal has value in the fact that it tends to clear out the clogging matter; and thus the old saying that exercise on an empty stomach will beget an appetite, is true in this way. But it serves no other purpose. On the other hand, it is well known that tired and nervous people are benefited by taking a rest just before a meal.

The kind of exercise that should follow eating is not very material; except that it must not be training, nor severe activity. Long and wearying work will do more harm than good. There should be no tax on the strength or vitality. Frequent rests should be had. Play is much to be preferred, especially if it has any laugh in it; for laughter is the best digester of food that has ever been found.

Fruit taken just before the noon meal and just before the evening meal, will help to digest the food. It should also precede the breakfast if there is any constipation. When taken for the purposes of aiding digestion, it should be eaten at the table and as the first course there. When taken to relieve constipation, it should be eaten an hour before breakfast, and the evening meal of the day before should be omitted.

The exercise that is to follow the three meals, should be such as will give the greatest degree of activity to the digestive organs; and the raising of the hand high over the head tends to do this most effectively. A large variety of such

movements may be invented at will. If a scientific system is wished, let the great book of the fifteenth degree be employed. It deals with the many questions of personal culture.

If you make up your mind to form a partnership with nature, then try to get the hour's activity three times a day, and immediately after each of the three meals. If you can go out doors, go by all means, no matter how inconvenient it may be. Do not ride or drive; walk all the way, and let the walk be as long as possible, so that you do not get very weary. In fact, the habit of taking an hour's walk after each meal will do wonders in any case where there is trouble in the digestive system, or where uric acid is forming and tending toward rheumatism.

If you cannot get out of doors, take all the exercise that you can get within the house, and have the windows open if that can be done. There are thousands of ways in which you can move the muscles gently, as in walking about, stretching, raising the arms high over the head, pulling imaginary ropes, ringing imaginary bells, tugging with imaginary persons, attending to many things that call you to your feet, breathing deeply, expanding and contracting the chest, raising and lowering the vital organs, stooping to the front, to the right, to the left, and backward, and so on without limit. All long swinging movements of the arms are of great value, if they are carried to a high position in part of their action, and also if the lungs are made to inhale as they are raised.

If your duties are sedentary, see if they may not be performed by standing at intervals; for standing is of great value when the chest is held up and forward so as to give freedom to the vital functions that are taking place within. Learn to stand on the feet all you can; but not long at a time; for, if you get very tired doing this, you will take a dislike to it. Long life and good health are begotten in standing and not in sitting.

Many persons take all kinds of drugs and doses for aiding

digestion; and the use of pepsin in some form is constantly growing; but there can be no incubator process of digestion and no artificial means employed that will not, ere long, bring the patient nearer to the grave. The best thing to do is to form a partnership with nature and get well by natural means. Her laws require activity after each meal, and the fresh air and sunshine are needed by humanity just as much as they are by the hothouse plants, and under exactly the same conditions. The pining and shrinking of the energy and health of the plant can be traced to the same lack of nature as the man or woman who tries to get along without this greatest of all blessings.

To abandon the teachings of nature and fall back on the artifices of medicine, is to give evidence of a defect of mind that is hard to account for. It is probable that most any malady may receive, at some stage of its progress, stimulating power from artificial sources; but the temporary help that is thus given puts the heaviest of all mortgages on the health of the future. The victim of drugs, however keen the mind may be in other things, is grossly ignorant of the inexorable and fearful laws of nature.

In this era, human vitality is at its lowest ebb; and this is due to the fact that people are willing to trust their health and the hope of its revival, to the hundred thousand mixtures that are placed on the market for sale. The most intelligent men and women are unwilling to try nature until they have exhausted the promises of the quacks who advertise so many patent medicines, the merits of which they believe in until each spell of sickness brings them one notch nearer to the grave. This willingness of the public to buy and to pour into their stomachs the countless drugs that are for sale, has been taken as proof that the American people have not acquired that hard, common sense that their ancestors possessed. We speak of the so-called intelligent classes; those who are known as the ignorant masses are abject slaves to

patent medicines. True intelligence rejects all nostrums and looks to the only source of health that God ever gave, and that is nature.

The body is but the result of what is eaten. When a person is taken down with a spell of sickness, the physician seeks first to reduce the onward march of the disease, during which time the stomach is kept from food as much as possible; and it is in this interim of time that the accumulated poisons are thrown off by the fever that burns them up. After the crisis has passed, and the body is coming into the stage of convalescence, every effort is made by the modern, the scientific and the successful physician, to re-build the wasted body by the greatest possible care as to what is eaten. Then, and not at any other time, are the foods selected for the good they will do; and, if the judgment be correct, the result will be that the sick system will take on a new lease of life, even going into better conditions of health than ever before, because care has been taken to make the new parts with pure foods. Many thousands of invalids have found themselves in much better physical life after a spell of dangerous illness. They seek to explain it on the ground that the sickness drove out the poisons from the system.

In this they are right. But how did those poisons get there? It is in answer to this question that much of the Knowledge Division of the book has been written. How did those poisons get there? It is a common error for people to suppose that sickness is due to germs. It takes three things to make a person sick in what is called disease. The immediate cause is exposure to germs, or to the last stage that is necessary to bring on the malady, such as dampness, chilling drafts, and the like. But this immediate cause will not have effect unless the exposure is very flagrant and wilfully severe. A very great degree of carelessness, as in standing in a draft, or walking on a damp street with thin shoes on the feet, or something as stupid, will of course bring on cold or pneumonia to the strongest constitution.

But we are speaking of those causes that operate and come into terrible effect in spite of all the care that can be taken to avoid exposure. They are brought on by the poisons that have been put into the system through wrong methods in diet or food selection and preparation. It takes three things to produce disease. One is the cold or the exposure to germs; the second is the presence of poisons in the body; and the third is the lowering of the vitality to a stage where the malady can fasten its hold on the system.

To sum up: there must be the exciting cause, the low vitality and the presence of poisons in the system; and, until all three of these influences combine, there can be no known disease. A person may die from the cold by being subjected to a low temperature, but not from cold as generally understood. A cold is the mucus-poison that has been collecting in the body from bad food, the irritating nature of which has inflamed the membranes of the body until they are clogged with the foreign matter and seek to throw it off by burning it up, through the fever of pneumonia or the flow of catarrhs.

Other diseases are dependent upon some forms of poison that have been drawn into the body by the foods eaten. Some things that are good to eat in certain forms are made bad by the way they are combined, and they set up a disturbance in the body. Sugar and starch in combination, especially if the starch has been insufficiently cooked, will cause ferment in the stomach and intestine, and thus do injury; as is seen in cake and pastry. The result of eating such food is to fill the body with the poisons from a kind of ferment that is particularly the enemy of life; and soon after there is a clogging of the system, which will try to clear itself through the membrane, and there inflammation sets in, and a cold follows. If the poisons are of sufficient accumulation, the result will be pneumonia.

Too much food is eaten daily by the invalid classes; and of that which is eaten by those who do not take too much, a

large share is unfit for the stomach. These poisons, added to the lack of the right employment of the body in its daily activities, furnish the food on which disease feeds when it comes. Some maladies come but once or twice in a lifetime for the reason that they eat up all the accumulated poisons and no more come. This is seen in such cases as those of smallpox and other diseases that rarely appear a second time. The virus of vaccination furnishes a mild attack from germs that feed on the poisons that are peculiar to that malady; the result being that the poisons are eaten up, and exposure to the real smallpox germs fails to bring harm, because there are no more poisons left for those germs to feed upon.

But the germs of *la grippe*, of colds, or catarrhs, and of pneumonia, as well as of many other diseases, feed on different poisons, and these are quickly accumulated in the body when the diet is wrong, and the habits are sluggish or overtaxing. Too little activity and too great activity are both bad extremes.

The plan set forth in this chapter is founded on the principles that have their birth in the heart and mind of the great mother of us all,—NATURE; and to ignore such principles will bring on the disasters that make humanity a ready prey to all the ills that beset the world. The public pay a fearfully big bill every year, because of their wilful ignorance of this great fact. They go on with their medicines always taking the down hill path toward the grave. Each new spring sees them and their medicines so much the poorer and so much the nearer to the final collapse. Their partnership is with the poisons that they pour into the system; and two thousand millions of dollars are paid every year in this country by these people for these poisons; while the progress is graveward. This is an awful bill for ignorance and stupidity.

Ralstonites are not of them; for they form a partnership with NATURE and are on the upward road to health and prosperity coupled with every phase and condition of happiness.

May it so ever be.

OUR COUNTRY CAPITAL

A DESCRIPTION OF

THE FUTURE “CITY OF RALSTON”



In the early chapters of this book we have made reference to two capitals, one in the city and the other in the country. They are called the Ralston Capitals. That in the city is in Washington, D. C. That in the country is at Hopewell, New Jersey. It is in the capital county of that State, which is Mercer County, in which are situated the city of Trenton with its State House; also Princeton University, a few miles north of Trenton and a few miles east of Hopewell; also Pennington Seminary, and other educational institutions that are well known.

The so-called future “Ralston City” is located on a hill, and is almost exactly half way between two great cities, New York and Philadelphia; and is but a few rods from the station which is on the main railroad line between those two cities. It is thus favored in an especial manner.

The accompanying photographic views are exact reproductions of Ralston Heights, as we call the hill, after six years of gradual and unhurried work to transform a rough stubble ground into a garden of beauty. We have made good our claim that any place may be made to conform to two great principles; one of which is that country life may be made fascinating as well as healthful; and the other is that country residence may be given all the conveniences of city life without any of the dangers of ill-health.

Ralstonism is made up of constant experimenting in every possible direction, and in all the various kinds of living. We do what we can, and we ask members also to do what they

can, to get hold of new facts, or to put to the test all the claims that may arise from day to day in the general world, where they seem to have some semblance of truth or value; and if you, or any of your friends, wish to take part in making experiments under our directions in your locality, we shall be glad to have you do so. We have, in the past, had the aid of an immense number of men and women in testing many of the facts that we set forth in our various books.

What we now refer to as the future "Ralston City," or, as it is often termed, the future "City of Ralston," is altogether in the future as a city; for we have only just got underway with the changes in the surface of the earth at this locality. We have proved that a barren cornfield, that had been allowed to run to exhaustion by careless and unscientific farming, can be made into a beautiful garden in a very few years. It does not take long to do this. In three years we had more peaches than we could make use of, and they were of forty different varieties, one tree of a kind. In two years we had a vast abundance of grapes, of every color and variety, from the black, purple and blue, to the pink, red, brown, green, yellow, white, amber, and other colors, all sweet, juicy, fragrant and delicious, extending over a period of three months, during which time they were eaten from the vines as fresh as nature can make them. In every year, we have the same abundance of this most wholesome and health-inspiring fruit. It requires but little culture, although severe annual pruning is necessary in order to make sure of constant bearing.

It is this one result that we wish all Ralstonites to get, for grapes will grow most anywhere, and they are the most invigorating of foods if obtainable fresh from the hand of nature.

Peach-flesh and grape juice are unparalleled articles of diet for all people.

Then we experimented with all kinds of pears, and find

that we can raise fifty varieties, from the earliest to the latest. This can be done in the greater part of the United States. Our pear trees were in generous bearing in four years after we set them out.

We are raising more than one hundred varieties of apples, one tree of a kind. They are now in bearing; although some bore in five years. We find that many of them are especially valuable as means of nutrition, and particularly for the purposes of aiding digestion; while there are dozens of the well known kinds that are not suitable for the human stomach, and are capable of doing much injury to the health. As soon as certain tests are concluded, we shall freely supply our members with exact reports.

We deem this important, for it is well proved that longevity is almost exclusively dependent on the using of fruit. This does not mean that old people are to live on fruit, but that they require some fruit of certain kinds each day; and the use of such food must begin in early life before the old age conditions are fairly started. Many persons past thirty, and most all past fifty are unable to digest the fats and starches that are easily assimilated in youth; and the blessings of fruits become more and more apparent and appreciated. There are to-day millions of people who are actually starving for the right kinds of fruit, and who get none at all, or else have to take the wrong kinds; and they suffer untold miseries because of this lack of nature's great power. To be exclusively dependent on fruit, means that some of it must be taken each day, and that there is nothing that can do its work, if one would attain longevity free from suffering. It is the sole thing that is absolutely essential to holding off the ravages of old age.

Every kind of plum, cherry, apricot, nectarine, quince, and small berry, is also under full cultivation; one or two of a kind being raised. Quantity is not sought; variety alone is useful for the purposes of experiment. We find that certain

cherries are positively hurtful, while certain others are exceedingly valuable for purposes of health. The same is true of blackberries, the first fruit that ever appeared on earth; some kinds give vitality and strength, while others are not useful. Most strawberries are injurious; they are better when eaten direct from the vines. They should not be taken with sugar, as uric acid is the result.

Strawberries, raspberries, blackberries, blueberries, huckleberries, and a host of others follow each other from the beginning of the season in spring to the fall; and establish a pleasing succession. Pears can be kept for ten months' succession; apples can be kept more than a year.

We built a large ice-house; and the winters are just cold enough to enable us to get seven-inch ice. We also built a cold storage after well known principles; but better ideas have occurred to us, and we are now remodelling it with a view to making some advanced tests in the art of preserving fruits with their natural flavors; for most methods of cold-storage are apt to do injury to the flesh and flavor of fruit.

Evergreen trees and shrubs are balms for the lungs and nerves; and they should stand on the exposed places north of the house. We have a grove of evergreens of twenty or or more kinds, and the trees now are quite large. There are several hundred in the grove.

Deciduous trees and shrubs, of every kind are planted about the land to help change the appearance from a field on a hill to a garden of great beauty. Flowering shrubs keep up their bloom in succession from the first of April to the end of November. Bedded plants are in constant bloom during their season; and we have many thousands of them.

As we have preached the love of nature for all our years, and as we believe in the good old doctrine of practicing what we preach, we have taken special pride in the results of the experiments thus far made at the country capital of Ralstonism; and we present herewith some of the views taken just

before we go to press. These are exact photographic views, and have not been, in any particular, aided by the artist.

The Administrative Summer-Headquarters will be the home of the head of the Club for six months in the year; although the real home is in Washington, D. C. The office is located in the round tower and connecting rooms on the second floor; the direction being exactly due east.

On the upper deck of the piazza, which is heavily canvassed, there are always shady nooks, even in the hottest weather, and much of the time is spent out of doors in the fresh air, and there is no spot on earth where the air is purer than here. It is at this place and amid these surroundings that this book is being written.

The next view refers to the "Garden Lawn," or grassy slope on the south-western grounds where shrubs and gardens are interspersing the long sweep of lawns. These extend for several hundred feet in length.

The "Eastern Path" is very wide, and runs almost north and south on the western side of a long, high wall in what is called the Oriental Garden. It is a shaded and beautiful walk on hot summer mornings, and winds among foliage and flowers that are made to present a tropical effect, many of the trees and shrubs having an Oriental origin.

The "Reception Hall" picture was taken before the Hall was completed and gives only a partial idea of the place.

The "Library" presents only a small part of the room, for the camera could not be located so as to give the whole interior; and the result is that only one-fourth of the walls and their contents may be seen.

The next view is a reproduction of the "Artificial Pond" which was placed at the base of a steep part of the hill, and seems to be resting at the hedge of an incline made by nature. All this portion of the land was shifted about to give a level base, with a sharp rise to the left. Corn grew there two

months before this change was brought about, although the shrubs and trees have had three years of growth.

Tall grasses of varied shape and hue, set amid prune trees and Japan Spruces, Hawthornes, Ailanthus and Hercules' Clubs, wave their white and purple plumes in colors over the water, and the glassy mirror returns them in exactitude of shade and tint; while the pink, yellow, blue, magenta and lemon colored water-lilies float idly on the surface of the little lake and lend their enchantment to the beauty of the scene. This effect is presented in the view which is marked "Among the Water Lilies."

At the approach of twilight, there is a favorite path and view which is always fascinating to the eye. It is seen in the picture entitled the "Twilight Path." The photograph has been taken on the top of a sharp rise of ground from which the path descends.

The "Great Tree Hedge" is twelve hundred feet long, or almost a quarter of a mile, and extends along the north of the fruit orchard; the purpose being to test a theory of the author that fruits do much better and suffer less from sharp winters if they are protected by a natural hedge. It consists of Lombardies, Bolleanas and common poplars, banked on the south by Norway spruces, which are evergreen. The trees grew to a height of nearly fifty feet in five years, while the evergreens reached a height of ten or more feet in the same time. This hedge is seen on the left, while the edge of the orchard is visible at the right. On the crest of this rise of ground a windmill and large water tank have been placed, and a pressure of water is furnished at the house that is equal to the force provided in many cities. The water is absolutely pure and almost as cold as ice in mid-summer.

"Morningside" is the view or stretch of landscape that is seen on the sunrise side of Ralston Heights; and the great city of New York lies over the horizon about forty miles away. Mercer valley is visible for a long distance; and the

famous Royal Blue Line train is coming across the scene, speeding at the rate of seventy miles an hour toward Philadelphia, thence on to Washington, Pittsburg and Chicago.

On the sunset side of Ralston Heights, or rather on the crest of the hill itself, one of the most entrancing of views is seen. It looks toward Philadelphia, which is slightly nearer than New York city; and overlooks what is called "Pennington Mountain," although that term is not justified by the height of the land so named.

"A Walk in the Vineyard," is a genuine delight, for the vines have made a thick shade for three long paths, the central one of which is visible in the picture. The grapes hang in thousands of bunches just overhead as we stroll through the path, and there are long sweeps of vines on either side. Here many experiments are being made every year, that will prove of value to mankind.

The next picture presents the roofs of the two greenhouses, and the brick cottage of the gardener, as well as other buildings. On the right is seen the flagstaff where the American banner floats on holidays and on the fourth of each month, which is Ralston day. Gardens of blackberries and raspberries, under the highest cultivation, are in the foreground.

Running between two ponds is a little river where the gold fishes come up to be fed. They may be seen in the picture, "Gold Fish Brook," jumping from the water to snatch food from the hand of the little mistress who is feeding them.

The Evenside vista is a long stretch of Japanese arbor laden with vines. It was just one year old at the time when the photograph was taken.

The western edge of the village of Hopewell is visible in the view that looks toward Trenton, which is about nine or ten miles away. The village contains many beautiful residences, as well as historic grounds, and broad avenues

where ancient trees thrive in their grandeur. Its thousand inhabitants are above the average in intelligence and progressiveness.

A large herbaceous hedge, four hundred feet long, banks the heavy brick wall, and blends into the foliage beyond. From this direction is seen the ridge that separates Hopewell from Princeton; and, about three or four miles away, is the farm of Mr. Grover Cleveland, former President of the United States, who resides in the same county.

The "Evergreen Lane" is a drive between the mansion and the forest of evergreen trees. The gateway to the left opens into Eastlawn.

The "Southern Walk" is so-called because it is protected from the south sun by heavy hedges which rise far above the height of the head.

The final view which is herein presented, is called the "Upland Path" for it is at the top of a very sharp rising walk, and leads to the upland grounds.

Hundreds of interesting scenes might be added. These are sufficient to let our members know that we are at work in the great realms of nature trying to extract beauty and health from the land.

What we are doing, we wish all who can to duplicate, as far as they are able, in their own homes and localities. Do not think that this one spot of earth is the best; for you have many such in your own State and county that may be made just as good.

The great lesson to be learned is that the three H's are purely Ralston in their meaning; and that the goal of earthly existence, as far as this world is concerned, is summed up in the three words:—

HEALTH HOME HAPPINESS.

SOME FORMS TO USE.



For the convenience of members who may have various wishes, we present a few Forms at this part of the book. Kindly remember the following rules:

1. Do not cut out the Forms that are contained on these pages. Copy them.
2. Do not copy the inserted form at the end of the book. Tear it out carefully when you remit, and send it *with* the remittance. It is specially valuable and should be carefully guarded.
3. Do not alter any forms, or vary them in any way; for, if you do, we reserve the right to fill the order in the usual way.

FIRST FORM

In case you wish to advance any number of degrees, whether one, two, three, four, or more; even up to ten, fifteen, or a hundred, copy the following, and fill in the blank spaces:

“To Ralston Publishing Company,
1223 to 1231 G St., Washington, D. C.

“I wish to advance.....degrees in the Ralston Club, and herewith send.....dollars, which is at the rate of one dollar for each degree. In return I wish as many Coupons as I am now advancing degrees, each Coupon being good for one Copy of this book of General Membership, or I do not wish to promise to secure new members and I therefore do not request Coupons. [Erase one or the other of these requests.] When I reach any of the emolument degrees I shall be pleased to receive as presents any of the emoluments that may be due me.”

Sign name and full address.

Coupons are sold at one dollar each, and are good for a

copy each of this book of General Membership, when the name of the proposed new member has been signed by such member on the Coupon itself. We cannot send copies of this book to be given away at random to persons who do not wish it, or who may not be interested in the subject of health and good living. If you wish, instead of Coupons, copies of this book of General Membership, we will send them at the rate of \$1.10 each when we have the signatures of the proposed new members, stating as follows:—"We are interested in the subject of good health and right living, and have requested M.....to procure for us copies of the book of General Membership. The names below are our own signatures."

The full address of each person must be sent us, as we cannot let copies of this book go out unless we have the full address of every person who is to receive it.

The Coupon system is by far the best and easiest way of procuring new members, and will save you a lot of trouble; for the Coupon is then equal to a one dollar bill for the purposes stated. It saves handling money, sending checks or buying money orders.

THE IRON GATEWAY FORM

At the very end of this book you will find a colored leaf called the IRON GATEWAY. The offer made therein is of great value and importance to every person who is fortunate enough to own a copy of the present book. The IRON GATEWAY must be filled out within thirty days after you receive this book, in order to enable you to enter the great Realm of "Ralston Gardens of Life" in the manner stated. For each month you delay after thirty days, it will be necessary to advance an extra degree in order to get the giant volume, unless you wish to pay the regular price of twenty-five dollars for it. As five coupons go free with it, each good for one dollar for the purposes stated, and as you can easily sell them for one dollar each, the great volume of Ralston

Gardens may be had free in fact, for the five dollars which you pay will all come back to you. Of course you are at liberty to give the Coupons away, if the recipients sign them when they send for the copies of this book of General Membership.

Thus if you send on the 31st day after you get this book, it will require an advance of six degrees. If you send after the end of two months it will require an advance of seven degrees; and so on. You have the satisfaction of also getting closer to some of the great emoluments that follow.

If you wish you can advance at the present time as many degrees as you desire. See page 40.

If you desire a temporary number, good for a year, you can use the form on page 45 of this book; which form is to be cut out and sent as there directed.

If you send page 45 and the IRON GATEWAY, the latter being at the end of this book, the total cost need be only five dollars, and you may secure the book of the Vitality Club, as well as the giant work of Ralston Gardens of Life; provided you do this all within thirty days after this book comes into your possession.

We prepay cost of sending everything, in case you act within the thirty days; otherwise the cost of sending will be charged at fifty cents, as has been the price heretofore, although this does not in fact cover all the cost of sending all that goes with the advance of five degrees. To act within thirty days means that the IRON GATEWAY must be filled out and the amount remitted within thirty days after you get this book for the first time in your possession. The date when every copy is sent out is known to us.

The Permanent Club Number is sent at the fifth degree.

RALSTON GARDENS OF LIFE

is the book that every Ralstonite needs, under the plan stated on page 32 in Chapter Four herein. All persons who wish to be in Class One will enter Ralston Gardens. It is the book that will keep disease from the house, and that will help to baffle it when it comes to those who are in Class Two under the plan stated on page 32 of this book. It is the greatest work of its kind ever published. You soon find that it is

your doctor, and you are consulting it constantly. It takes a personal interest in your life.

It is the only work ever published containing the natural cures of disease, and furnishing the full list of natural treatments. Its immense value is found in these facts. Drugs and medicines are admitted to be poisons. They were preceded by universal blood-letting, now ridiculed; and, ten years hence, the universal use of drugs and medicines, now so common, will be ridiculed. Doctors were formerly called "blood-letters;" after that they were called physicians, because they physicked; ten years from now they will be called NATURISTS, because they will cure by natural methods; and Ralstonism, in one form or another, will be the basis of all such cures.

This is the system of the next great step in the future. You want it, and we want you to have it. You cannot afford not to have it in your home.

"**Ralston Gardens**" contains: Modern Gardens of Eden; Fountain of Life; Private Talks with the Author; Walk and Talk with Nature; all the Great Natural Treatments; the Natural Principles; Specific Treatment of Diseases; the extra systems of Massage; Movement-Cure; Vitality-Cure, Glame-Cure, Oxygen-Cure, Sun-Cure, Magnetism-Cure, Water-Cure, Morning-Cure, Air-Cure, Diet-Cure, Exercise-Cure, Anti Death-Cure, Respiratory-Cure, Inward-Cleansing, Temperature-Cure, Rest-Cure; all the Baths, Hot, Cold, Dry, Inward, Magnetic; all of Nature's Doctors; Diets in Sickness and in Health, and a thousand things besides. It has many departments, also, such as "Man as an Invalid," "Woman as an Invalid," and separate treatments for organic maladies, as the lungs, heart, stomach, liver, kidneys, etc.; also for nerve-diseases. Its great new department, "What to Eat" in each and every disease, condition, age, climate, season and meal, is the guide of physicians for the patients, and of a hundred thousand homes of people in health who find Ralstonism the pleasantest thing in the world. It is for this reason that most of those who are quite well enter "Ralston Gardens."

See the IRON GATEWAY at the end of this book.



ADMINISTRATIVE SUMMER-HEADQUARTERS,
RALSTON HEIGHTS.



GARDEN LAWN * RALSTON HEIGHTS.









ARTIFICIAL POND - RALSTON HEIGHTS



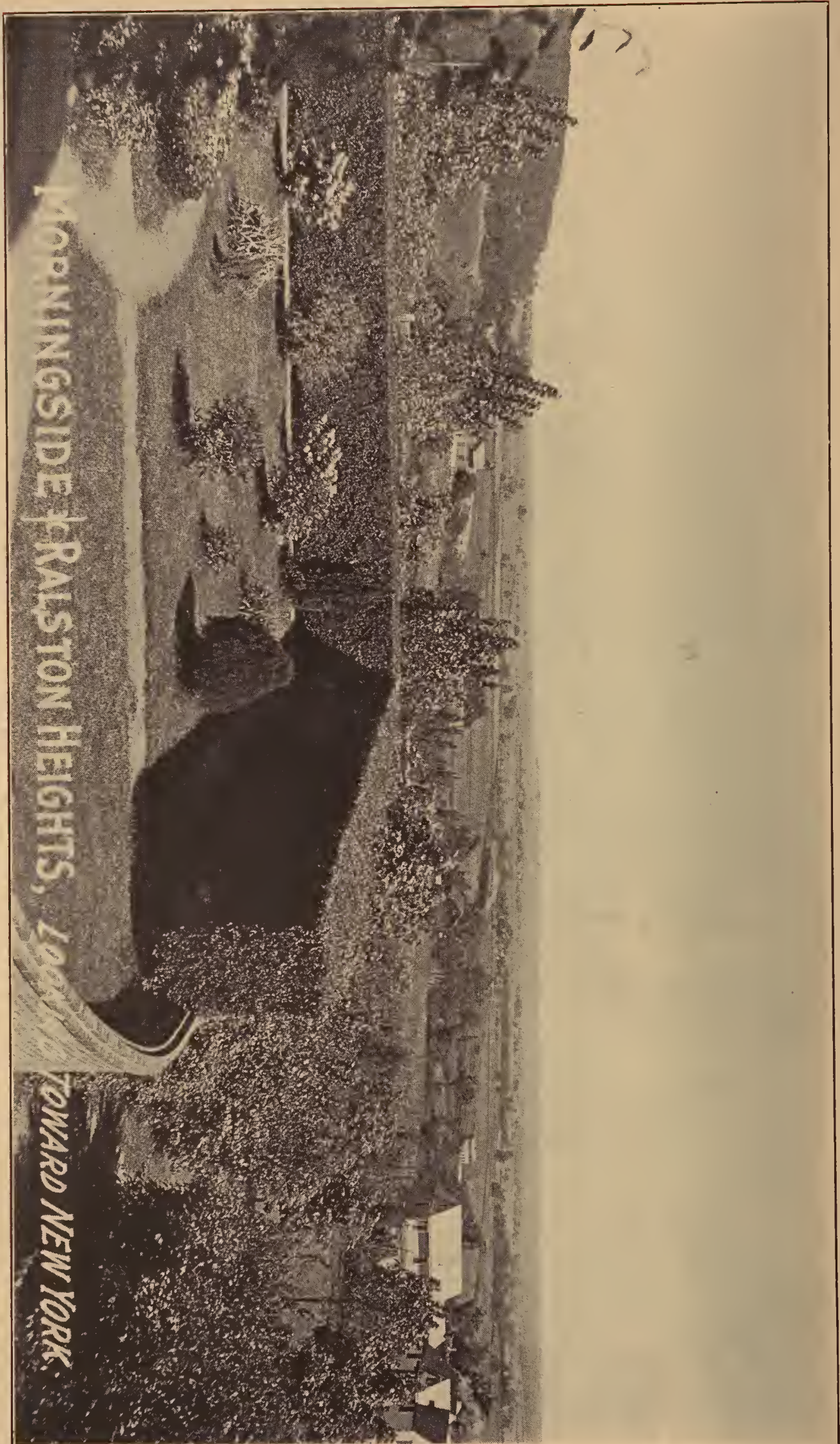
AMONG THE POND LILIES - RAUSTON HEIGHTS.



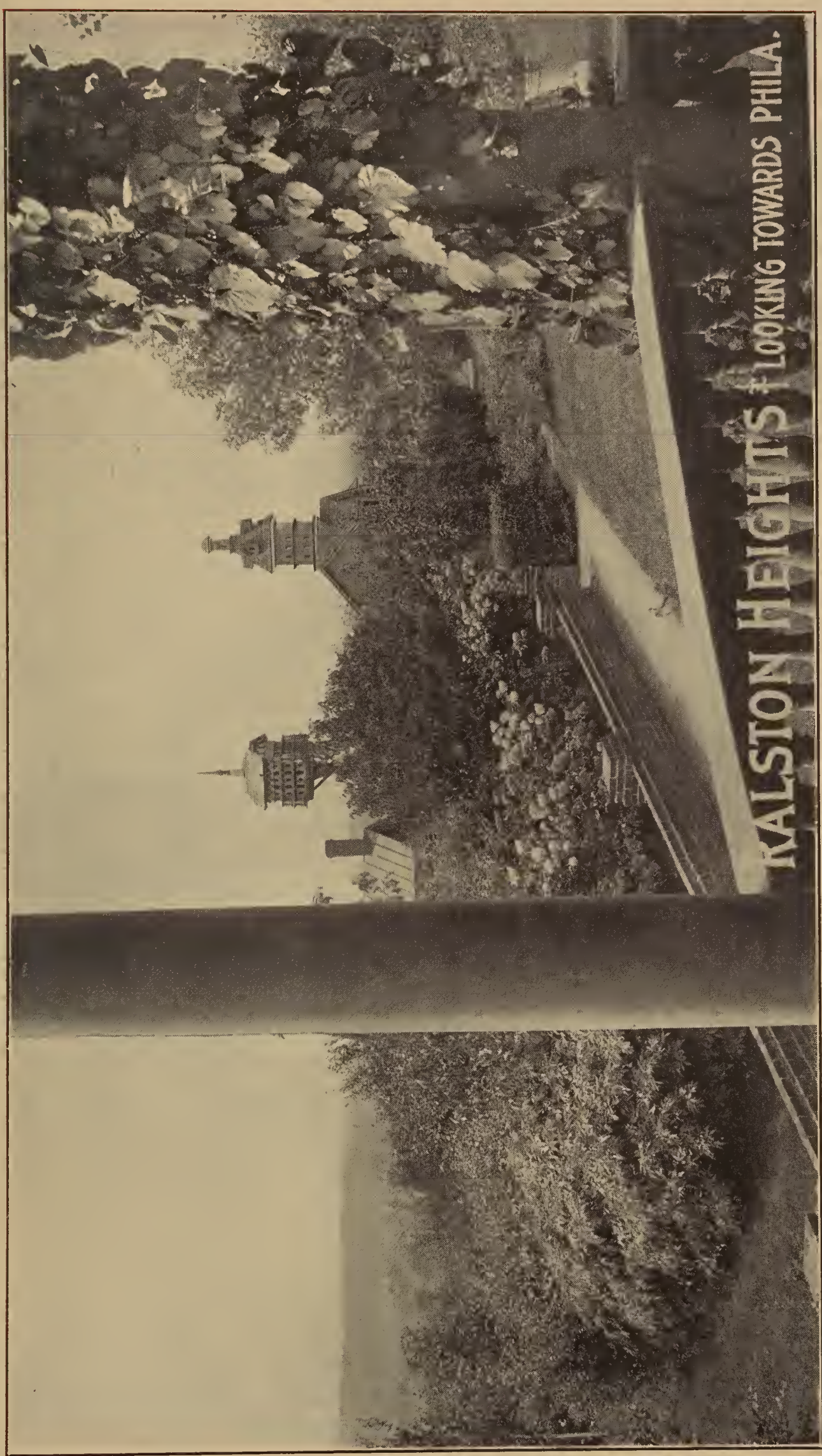
TWILIGHT PATH * RALSTON HEIGHTS:



THE GREAT TREE-HEDGE - RALSTON HEIGHTS



MORNINGSIDE & RALSTON HEIGHTS, LOOKING
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A WALK IN THE VINEYARD,
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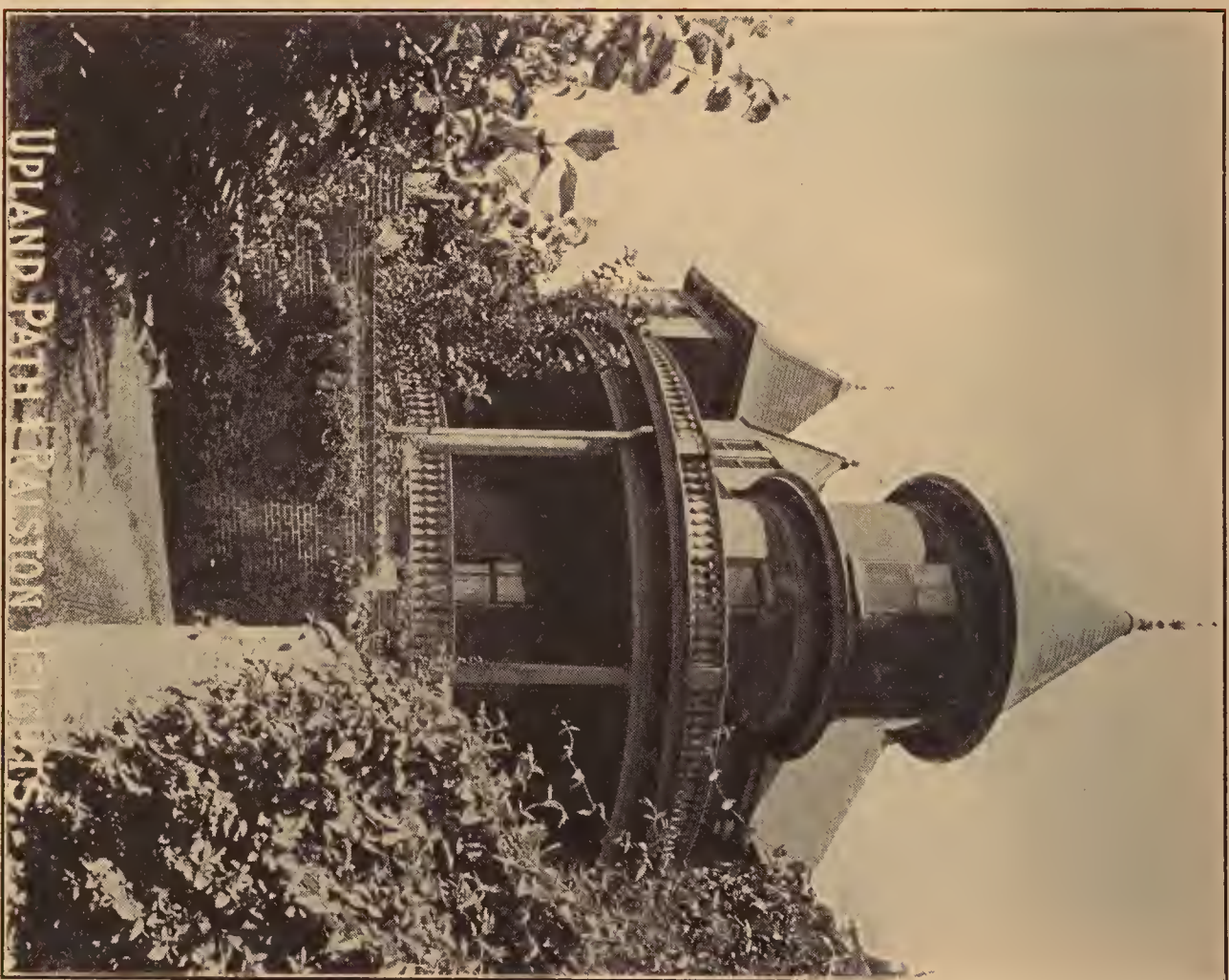


PART OF HOPEWELL...†... LOOKING TOWARDS TRENTON.





SOUTHERN WALK & RALSTON HEIGHTS



UPLAND PATH & RALSTON HEIGHTS

IRON GATEWAY
RALSTON GARDENS

To Ralston Health Club,
Washington, D. C.

I hold in my own right, a copy of the BOOK OF GENERAL MEMBERSHIP, which I have used, and will continue to use, for my own guidance, and will not lend or give the same to any other person.

I BELIEVE that it is far better to keep sickness and expense away from the home by preventing them rather than to be constantly fighting them in the household, and I therefore wish to be fully prepared for the BATTLE AGAINST ILL HEALTH by entering "Ralston Gardens of Life," for the book of which I hereby enclose the sum required to advance five degrees, so as to become at once a COMPLETE MEMBER, and to receive said book as a token from the Ralston Health Club. Said emolument and all future emoluments that I may receive I will keep for my exclusive use, and will not sell, lend or give them away during my lifetime.

I will not use, have or receive in any way, any goods or articles that are named after the name of this Club.

[Amount to be enclosed for five degrees advance and the emolument is five dollars. If you do not wish to agree to secure new members do not ask for coupons; otherwise ask for five free coupons good for five books of General Membership, under the conditions stated in the accompanying pages.]

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